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Join the braided bunch with no-sweat hair

Combine a retro wavy style with a braid to keep hair off your neck and stay cool **PAGE 22**

Leave the pups at home for this puppet show

The Arts Club's Avenue Q is billed as a 'Broadway musical for adults' **PAGE 16**

Love rules the day in U.S. after same-sex ruling

The Supreme Court grants married LGBT couples a full array of benefits **PAGE 11**

'I'LL BE BACK'

LIONS VET ANGUS REID, HOBBLING BY A BACK INJURY, WILL BE FORCED TO SIT OUT FOR NOW **PAGE 45**



The viaducts, as seen from below this month, will very likely come down by 2020. EMILY JACKSON/METRO

Planning for life without viaducts

Infrastructure.

Supporters enticed by possibilities after council votes to study future teardown

The story of Vancouver's fraction of a freeway — the Georgia and Dunsmuir viaducts — has entered its final chapter.

City council voted unanimously Wednesday to proceed with two years of detailed planning for a future without the arterials into the downtown core, a decision many lauded as a transformative opportunity.

"City building used to be ribbon-cutting, but now it is dynamiting," said Coun. Geoff Meggs, who spearheaded the project. "We'll certainly right a historic wrong by removing the viaducts, which once threatened to destroy both Strathcona and Chinatown."

The viaducts acted as the "great wall of Chinatown" and

significantly contributed to the neighbourhood's gradual decline over the past 40 years, said Carol Lee of the Vancouver Chinatown Foundation. Her neighbours largely support viaduct removal, which could "knit together downtown," said Peter Greenwell of the Vancouver City Planning Commission.

"Land that has been empty for decades could be utilized to benefit all Vancouverites," he said.

While some were hesitant to support an outright teardown of the viaducts, including business associations worried about congestion, the three-dozen speakers at council supported the additional time to hammer out details before a final decision is made. Should council vote yes in two years, the structures would be gone by 2020 for a cost of at least \$115 million.

But before the wrecking balls swing into action, there will be complex negotiations with surrounding landowners, such as developer Concord

Pacific, and neighbourhoods regarding land use and traffic flow in the eastern core.

Yet the teardown could be the "lightning rod" needed to solve some legal tangles regarding park space, Concord Pacific's senior vice-president Peter Webb said. It's the biggest event for the developer since the sale of the Expo lands, he added, hinting Concord would even consider increasing the size of promised parkland.

Riaan De Beer of Aquilini Development, which owns Rogers Arena, agreed the teardown should happen sooner, rather than later. "That neighbourhood is really where the heart-beat of the city is going to be in the future."

Yet resident Christina Wolf pointed out that developers are set to make a killing from selling housing on the freed land. She urged council to consider the nature of existing communities and factor in green space before granting developers the right to build high-density towers. **EMILY JACKSON/METRO**

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Polluters will be the only ones paying, feds assure

Pipeline safety.

Natural Resources minister unveils new rules meant to hold oil and gas companies responsible for spills

Major pipeline companies will have to show federal regulators they have access to \$1 billion to cover the costs of an oil or gas spill under new rules aimed at easing public concerns about pipeline safety.

Natural Resources Minister Joe Oliver said the federal government will also enshrine in law the "polluter pay" principle for oil and gas pipelines to ensure taxpayers are not left on the hook for cleanup costs.

"We will ensure that all companies operating pipelines have the capacity to respond to any incident and to remedy damages," Oliver said in Vancouver.

The funds can be in the form of insurance, financial assets, third-party guarantees, lines of credit or other assured sources. The new rules will apply initially to new pipelines under federal regulation, but the requirement will eventually expand to existing major oil and gas pipeline companies.

Federally regulated pipeline companies will also have to appoint a senior manager, who will be held accountable for ensuring the company complies with regulations.

As of July 3, under previously announced revisions to federal regulations, the National Energy Board will have the authority to directly fine companies up to \$100,000 a day for infractions and individuals up to \$25,000 a day. That is in addition to the ability to pursue criminal charges in cases of negligence, he said.

Canada has a robust safety system in place, Oliver said, but changes and improvements are ongoing.



Minister of Natural Resources Joe Oliver announces new rules for pipelines and financial penalties for individuals and companies that violate environmental laws on Wednesday during a news conference in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Holding their feet to the oil fire

"We will ensure that all companies operating pipelines have the capacity to respond to any incident and to remedy damages."

Natural Resources Minister Joe Oliver

He suggested the changes are not in response to the opposition that has greeted several major pipeline projects, from the Keystone XL line that would take Alberta oilsands products south, to the Northern Gateway line that would deliver it to a tanker port on the B.C. coast.

But he did reiterate that Canada is losing billions of

The announcement comes two days after federal review panel hearings concluded on the controversial Northern Gateway proposal. The panel's report to the minister is due by the end of the year.

Evidence is closed, and the panel will not be able to take into account the Wednesday announcement.

"We want to continue to improve the safety and security of our pipeline system and our maritime system as well. You can't just snap your fingers and get things done instantly," Oliver said in response to questions about the timing.

He rejected the suggestion the changes, coming as they do after the panel has stopped taking evidence, offer a trump card should panel members say no the Northern Gateway project.

The B.C. government announced earlier this year that it has commissioned its own study on land-based pipeline spill response.

Provincial Environment Minister Mary Polak was not immediately available to comment, but an email response from the ministry said B.C. supports actions to increase safety and oversight.

THE CANADIAN PRESS

Perspectives

Safer than ever — or too little, too late?

In April, the federal review panel looking into the Northern Gateway pipeline released a list of 199 potential conditions the project might face should it be approved, including \$950 million to cover cleanup, remediation and any other damage that might result from the project.

That would include access to at least \$100 million within 10 business days of a large spill to cover immediate costs.

Natural Resources Minister Joe Oliver pointed out that last year the number of pipeline inspections conducted by the National Energy Board increased from 100 to 150 and the number of safety audits doubled, from three to six. There has not been any incident in Canada where a company has not paid the cost, he said.

Opponents of the Northern Gateway project said the changes are too little, too late.

"Enbridge proved in the hearings that it will adversely impact our wild salmon watersheds if its pipelines are built," said Nikki Skuce, of Forest-Ethics in an email.

"The company keeps spilling — Enbridge just had three spills in Alberta due to terrain instability with the floods — and yet it has done no studies on terrain stability along the proposed Northern Gateway route. Trust them? No thanks." THE CANADIAN PRESS

Dragon boaters closer to a lair of their own

\$1.5 million. Council approves plan to build a permanent home for dragon boat society



EMILY JACKSON
emily.jackson@metronews.ca

The City of Vancouver has thrown a life preserver to paddlers in need of a permanent home on False Creek.

City council voted Wednesday to go ahead with detailed plans for a facility for the Canadian International Dragon Boat Festival Society, which celebrated its 25th anniversary over the weekend.

"Human-powered paddling is certainly not as well supported as it deserves," Mayor Gregor Robertson said at council as he recommended completing concrete plans by the end of 2013.

"It's time to get going on this."

The commitment was stronger than the original motion brought forward by Coun. George Affleck, who was more than happy to accept the mayor's revisions.

In the first stage of construction, the society hopes to build a huge floating dock, complete with storage and electricity, for about \$1.5 million, general manager Ann Phelps told the council.

Eventually it hopes to



The Dragon Boat Festival Society has long pleaded for a home to host operations and store equipment. **MATT KIELTYKA/METRO**

Overdue

"Human-powered paddling is certainly not as well supported as it deserves.... It's time to get on this."

Mayor Gregor Robertson

build onshore washrooms and a community space to host paddling and team-building sessions for both businesses and school children.

The 3,000-plus-member society has long pleaded with city council for a home to host operations and store its equipment — some was

stolen from its temporary structures in June.

It doesn't care where the structure is located in False Creek — though it hopes it will be near a SkyTrain station — but hopes to build before development creeps into spaces that could host a boathouse.

The city will spend up to \$125,000 on facility planning by yearend, so the society will have a chance to get funding in the next capital budget.

Hold onto your butts. Cash payout program may get to clean up cigs on big scale

A pilot program to get cigarette butts off Vancouver's streets attracted enough buzz to get on the city's agenda.

After the West End Cleanup group's success in paying cash for each cigarette butt returned on Car Free Day — it gave away its \$500 grant in an afternoon — city council voted Wednesday to figure out if such a program could work on a larger scale.

The group will work with United We Can, a bottle-return depot, to see how a deposit and return program might work. They hope that if they can repeat the pilot on a larger scale, the city will have more clout in trying to convince the province.

"This is not just a Vancouver problem, it's not just a B.C. problem — it's a problem wherever smokers live," said John Merzetti of West End Cleanup.

Putting a value on cigarette butts, whether purchased or found on the streets, will make the streets void of the "disgusting" item, Merzetti said. The butts can be recycled by companies such as Terra Cycle and repurposed into industrial plastics.

City staff will report back on the matter by Oct. 31, along with information about potential cigarette infrastructure such as ashtrays to get the butts off the street.

EMILY JACKSON/METRO

Toronto on top

City ranks 4th in public-transit use

Vancouver ranks behind three other Canadian cities when it comes to public-transit use, according to Statistics Canada.

The 2011 National Household Survey says 74 per cent of workers commute by driving, while

12 per cent took public transit. In addition, 5.7 per cent walked to work and just 1.3 per cent cycled in.

As for transit users, Vancouver boasts a 19.7 per cent adoption rate, but lags behind Toronto (23.3), Montreal (22.2) and Ottawa-Gatineau (20.1).

MATT KIELTYKA/METRO

Heritage Canada

Post Office put on death watch

The Post Office building in downtown Vancouver has been put on the endangered list.

Heritage Canada Foundation released its eighth annual top-10 list Wednesday, saying the structure as destined to be "lost in the mail."

Recently sold to investors, the building has no heritage protection and faces possible demolition.

Heritage Canada describes the massive building at 349 W. Georgia Street as a mid-century modern "Taj Mahal with escalators."

MATT KIELTYKA/METRO

Change your perspective on the best way to book a flight online.

WESTJET

Live-in caregiver

Man convicted of human trafficking in Filipino nanny case

A B.C. Supreme Court jury has convicted a Vancouver man of human trafficking in the case of a Filipino nanny.

Franco Yiu Kwan Orr and Oi Ling Nicole Huen were each charged after Leticia Sarmiento called police following an altercation at the couple's

home in 2010.

Sarmiento had been looking after the couple's children as a live-in nanny since 2008.

The jury has acquitted Huen of the charge.

Orr is expected to return to court July 10 to set a sentencing hearing.

Sarmiento, who now works as a cleaner, arrived in Canada in early 2008 with Huen and Orr and their children after working for them in Hong Kong as a live-in caregiver. **THE CANADIAN PRESS**

Promises of riches

Scammers targeting dating sites, Victoria cops warn residents

A Victoria resident looking for love online was bilked out of \$50,000 by a con artist posing as a suitor, say police.

The Victoria Police Department is warning the public after a pair of similar scams were reported by users of online dating sites.

"The frauds are occurring after individuals meet on dating websites. The story continues with promises of riches, but for a price. The victims are asked to send information and money overseas to secure storage and shipping for a large quantity of gold," said Const. Mike Russell.

In one case, the victim transferred more than \$50,000 for shipping and storage costs. Anyone encountering a similar fraud is asked to report it to the police. **LUKE SIMCOE/METRO**

Judge, Crown at odds over Mountie testimony

Dziekanski case.

Judge openly skeptical of collusion allegations at trial of RCMP officer

The judge hearing accusations that a Mountie lied at the public inquiry into Robert Dziekanski's death has suggested collusion among the four RCMP officers involved isn't the only explanation for mistakes they made when recalling what happened to homicide investigators.

Judge Mark McEwan interrupted the Crown's final submissions several times Wednesday at the trial of Const. Bill Bentley, to raise doubts about the prosecution's theory that similar errors between the officers' notes and police statements prove they collaborated to get their stories straight.

The Crown alleges the of-

Benefit of the doubt

Judge Mark McEwan noted the officers' statements did vary and also pointed out several civilian witnesses made the same sorts of mistakes as the four Mounties.

• "We're parsing this down very closely. It's 30 seconds. What happened in 30 seconds, as you can tell from the (civilian) witnesses, it's confusing."

ficers then attempted to cover up their initial deceit by lying at the public inquiry when they were forced to explain discrepancies between their initial accounts and a now-infamous amateur video of the officers' stunning Dziekanski with a Taser at Vancouver's airport.

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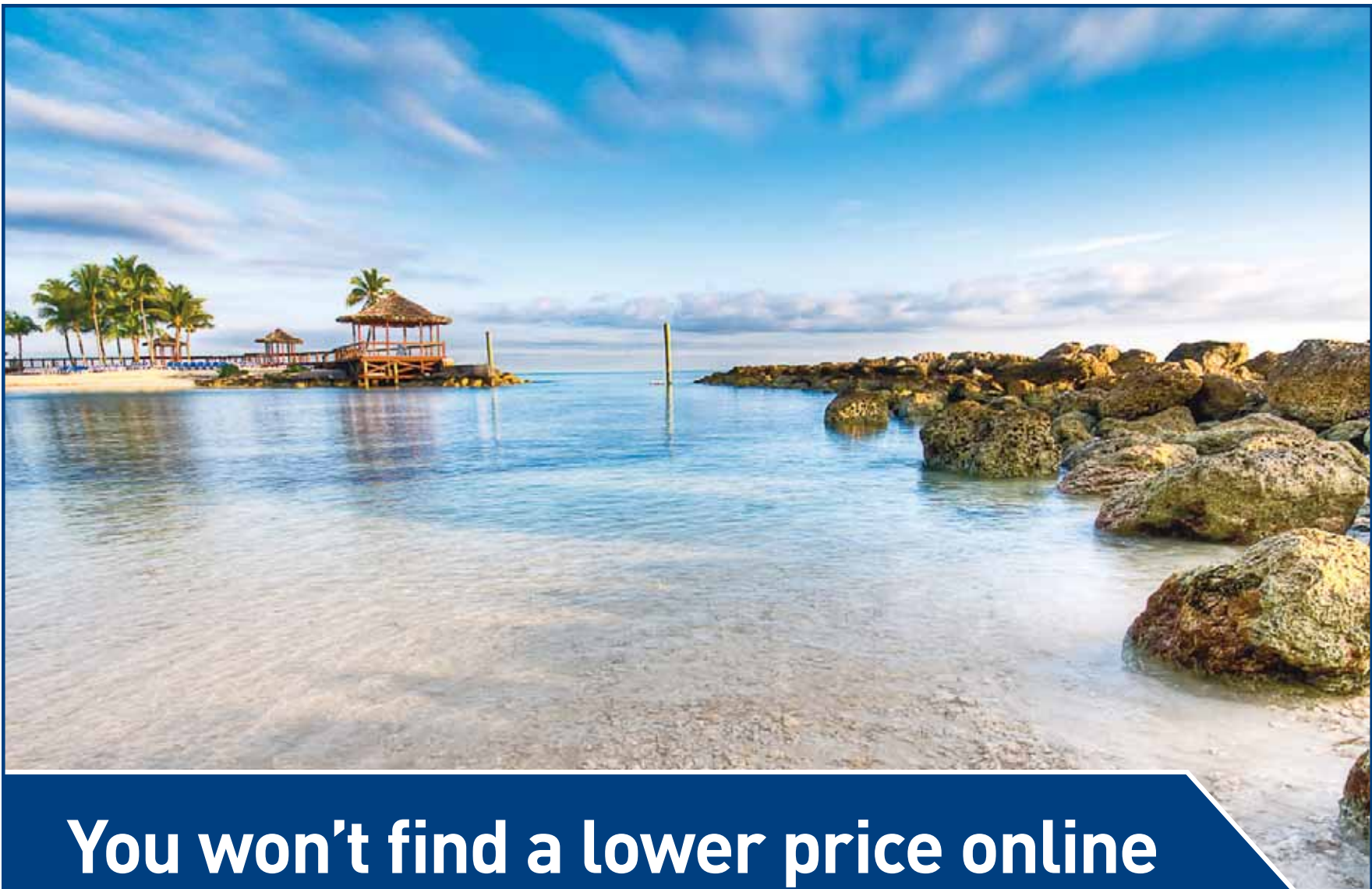
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'Feisty' seal gives best blue steel

Red Square, a rescued harbour seal pup, is seen at the Vancouver Aquarium Marine Mammal Rescue Centre. The newborn seal, who staff called 'feisty', was spotted on a beach near Victoria. He was without his mother for more than a day and was witnessed trying to suckle on a log. The seal, who was likely born premature, will be hand-fed five times a day and will be monitored by vets. **SUBMITTED/VANCOUVER AQUARIUM**



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Privacy. Commissioner calls for security measures to protect personal health info

The illegal release of personal information about nearly five million British Columbians by Health Ministry staff was a massive breach, says the province's privacy commissioner, who has released 11 recommendations to protect the public.

Elizabeth Denham conducted an investigation after government employees downloaded large amounts of personal health data onto unencrypted flash drives and provided it to unauthorized individuals.

Seven government employees were fired last year, sparking two lawsuits, in connection with \$4-million worth of drug research contracts between the ministry and the University of B.C. and the University of Victoria.

Denham, who released a report Wednesday, said the ministry did not discover the unauthorized disclosures until a whistleblower came forward,

Sensitive data

Information about sexual health, alcohol and drug use, birth dates, postal codes, personal health numbers and mental health was included in three breaches in October 2010 and June 2012 because the ministry failed to use proper security measures or review employees handling sensitive information, Denham said.

leading to a review of thousands of emails and files on the hard drives of several employees.

She said the Health Ministry must develop a policy for more secure ways to transfer information, and that while citizens support research they expect their data to be handled with adequate safeguards.

THE CANADIAN PRESS

Tougher balanced-budget law to come. B.C. Liberals vow four balanced budgets

Premier Christy Clark's government is promising to deliver four consecutive balanced budgets during its current mandate that will also see the Liberals move to toughen the province's balanced-budget law.

Lt.-Gov. Judith Guichon delivered a throne speech Wednesday marking the newly re-elected Liberal government's return to the legislature and noted Clark intends to keep her election promises to freeze personal income taxes for most British Columbians.

"This will be the first of four consecutive balanced budgets in its mandate," said Guichon. The budget will be introduced Thursday.

"And to ensure that future budgets are balanced, your government will toughen the

balanced-budget law," she said. "A strong economy also means low taxes for families and job creators. Your government will freeze personal tax rates and carbon tax rates for five years."

Guichon said the government plans to accelerate its jobs plan and work on eliminating B.C.'s debt, which Clark said during the election campaign could be achieved within 15 years if the province seizes the economic potential of natural gas.

Guichon said the government is committed to bringing long-term labour stability to B.C.'s education system, but the throne speech no longer repeats the Liberal election pledge of a 10-year contract.

THE CANADIAN PRESS



The B.C. Bike Race, starting Sunday, will push mountain bikers to their limits over the course of seven days. CONTRIBUTED/DAVE SILVER

B.C. Bike Race is one for the bucket list

From Cumberland to Whistler. Province's single-track mountain bike terrain renowned for 'spectacular' rainforest setting



MATT KIELTYKA
matt.kielyka@metronews.ca

It's not the most intense, or gruelling, mountain bike race on the planet (not that it's easy), but B.C. Bike Race could be the most spectacular.

The seven-day event kicks off in Cumberland on Sunday (registration is Saturday in

Quoted

"British Columbia has some of the best mountain bike trails in the world and amazing scenery. People from all over want to come here, so our approach is let's give them something that will blow their doors off."

B.C. Bike Race spokesperson Andreas Hestler

North Vancouver) and will see 550 riders from 26 countries take on some of British Columbia's signature single-track mountain bike terrain.

"We're definitely a bucket-list affair," said B.C. Bike Race spokesperson Andreas Hestler, a former Canadian Olympic mountain biker.

"British Columbia has some of the best mountain bike trails in the world and amaz-

ing scenery. People from all over want to come here, so our approach is let's give them something that will blow their doors off."

Unlike road cycling events, Hestler says mountain bike events are less about head-to-head competition than they are personal challenges.

"You're pushing yourself out there," he said.

Greg McDougall can attest to that.

Not only is his company, Harbour Air, a founding sponsor, McDougall is an avid mountain biker who has competed in the race six times.

"It's painful," laughed McDougall, "but in a nice way. British Columbia's single track is world-famous. It goes through spectacular rainforest and the scenery is amazing. B.C. is quite unique; it's something every mountain biker has to do."

The race takes riders from Cumberland up the east coast of Vancouver Island to Campbell River, before switching to the Sunshine Coast, through Squamish and finishing in Whistler.

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Goodbye Local Programs, Hello Higher Prices.

Park Board Continues with Cash Grab
Despite Strong Public Opposition.



The Park Board's proposed OneCard access will drive prices up and force an end to community programs.

The proposed OneCard access to Vancouver's rinks, pools, fitness and community centres sounds like a great idea. But the Park Board OneCard program will only drive user fees up, in some cases as much as 30%.

Subsidized programs: seniors, child care, and youth are at risk if the Park Board pushes through their plan to centralize control of community centres and their resources. Programs developed over decades by Community Associations to meet local community needs will disappear and be replaced by cookie-cutter core programs.

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The sex scandal that apparently won't die

Maple Leaf Gardens abuse case. Gordon Stuckless now facing more than 70 charges as more complainants come forward

Infamy

Gordon Stuckless was convicted in 1997 for sex assaults on 24 boys while he was an usher at Maple Leaf Gardens in Toronto between 1969 and 1988.

- He was originally sentenced to two years less a day, but this was increased to five years — he was out on parole in 2001.

History has apparently caught up with the man at the centre of the Maple Leaf Gardens sex abuse scandal in Toronto.

Gordon Stuckless, 64, is facing more than 70 criminal charges after more men came forward alleging they were abused in their youth.

Stuckless turned himself in to York Regional Police in Ontario, which laid a total of 23 new charges of indecent assault on a male, sexual assault and gross indecency.

Stuckless is facing 38 charges relating to 10 complainants in Toronto and another 34 charges from York Region, where seven men have made complaints against him.

The charges are for alleged offences between the 1960s and 1985.

Stuckless is set to appear in court Thursday in Toronto, where all of the charges are being tried together.

At a court appearance last month, Stuckless's lawyer noted that none of the charges relate to his client's conduct since he was released from prison. **THE CANADIAN PRESS**

The future?

Will more men accuse Stuckless?

Police believe there may be more alleged victims out there and are urging them to come forward.

Police allege Stuckless would befriend boys between eight and 12 years old and sexually assault them at locations around Toronto and north of the city.

Stuckless has not yet entered a plea. **THE CANADIAN PRESS**



Gordon Stuckless: More than 70 charges. The former usher at Toronto's hockey shrine, Maple Leaf Gardens, is set to appear in court on Thursday. **STEVE RUSSELL/TORSTAR NEWS SERVICE FILE**

On-ice incident

Teen hockey player charged with assault

A 17-year-old hockey player has been charged with assault causing bodily harm after an on-ice incident.

It happened during a game in Woodstock, Ont., police said Wednesday. It's alleged a player was assaulted by another.

The 17-year-old, who cannot be identified, is to appear in court on July 11. "The decision to lay a criminal charge was not taken lightly," said Woodstock police Chief Rod Freeman.

THE CANADIAN PRESS

A friend killed

Patriots' Aaron Hernandez faces murder rap

New England Patriots tight end Aaron Hernandez was arrested and charged Wednesday with murdering a friend.

The bombshell development came more than a week after Boston semi-pro football player Odin Lloyd's bullet-riddled body was found in an industrial park.

Hernandez was taken from his home in handcuffs Wednesday.

Soon afterwards, the Patriots announced they had cut him from the team. **THE ASSOCIATED PRESS**

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Canada at work

Statistics Canada released its second batch of figures Wednesday from its voluntary National Household Survey, looking at labour, education, the workplace, commuting, work language, mobility and migration. Here's a roundup of four things you need to know:

THE CANADIAN PRESS



Commuting

Some 15.4 million Canadians endure a daily commute to and from work, most of them behind the wheel. Four out of five commuters took a private vehicle, while 12 per cent took public transit, up from 11 per cent in 2006. The disproportionate popularity of driving in the age of climate change may boil down to a single factor: Time. Private-vehicle commuters spent an average of 23.7 minutes getting to work, nearly half the 40.4 minutes it took bus riders.

Post-secondary education

For the first time women have bypassed men in terms of post-secondary education, with 64.8 per cent of working-age women having a post-secondary education, compared with 63.4 per cent of men. Women accounted for 59 per cent of Canadians aged 25 to 34 with a university degree, compared with 47.3 per cent of their 55- to 64-year-old counterparts.



Temporary foreign workers

More than 330,000 workers live and work in Canada as part of the federal temporary foreign worker program — a number that has nearly tripled over the past 10 years, with the bulk of those job-seekers going west in search of work. The program was originally designed to attract skilled employees to address temporary labour shortages. The emphasis shifted in 2002 to low-skilled workers, such as those in the food and beverage industry, construction and retail.

Cyclists

The latest batch of data shows no difference in the percentage of Canadians who rode their bike to work in 2011 and 2006. That number remains unchanged at 1.3 per cent. That works out to 201,785 cyclists out of more than 15 million commuters. Another 880,800 commuters, or 5.7 per cent, reported walking to work each day.



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Same-sex marriage. Ruling 'righted a wrong', President Obama says

President Barack Obama hailed the U.S. Supreme Court's ruling that people in same-sex marriages are entitled to the same federal benefits as heterosexual married couples, declaring the court "has righted a wrong, and our country is better off for it."

Obama decided in 2011 to stop defending the 1996 law, concluding that it was legally indefensible. In a statement issued while he was flying on

Air Force One to Africa Wednesday, Obama said he had directed Attorney General Eric Holder to work with others in his administration to make sure federal law reflects the court's decision.

"This was discrimination enshrined in law," he said. "We are a people who declared that we are all created equal — and the love we commit to one another must be equal as well."

THE ASSOCIATED PRESS



Michael Knaapen, left, and his husband John Becker embrace outside the Supreme Court in Washington. CHARLES DHARAPAK/THE ASSOCIATED PRESS

DOMA done: 'Free to grow up and love and be married'



Rainbow flags fly proudly at San Francisco City Hall after the U.S. Supreme Court's landmark gay-marriage decision. JEFF CHIU/THE ASSOCIATED PRESS

Historic decision.

Top American court ruling gives same-sex couples a full array of tax, health and pension benefits

A marriage made in Toronto was at the heart Wednesday of a landmark U.S. Supreme Court ruling that struck down the Defense of Marriage Act on a historic day that also cleared the way for same-sex marriage in California, the most populous state in the union.

The ruling on the fed-

Defense of Marriage Act

"Children born today will grow up in a world without DOMA."

Edith Windsor, who spearheaded the challenge to the DOMA legislation.

eral U.S. legislation known as DOMA gives spouses in same-sex unions a full array of tax, health and pension benefits.

The challenge to the legislation was spearheaded by 83-year-old Edith Windsor, a New Yorker who married her longtime partner Thea Spyer six years ago in Canada, where same-sex marriage has been legal for almost a decade. The couple's marriage was recognized by New York state, but not by the federal government.

When Spyer died in 2009, the federal government cited DOMA to force Windsor, who's now ailing, to pay \$363,000 in taxes on her late wife's estate — taxes that wouldn't have been levied against her if she'd been married to a man.

"Children born today will grow up in a world without DOMA," a beaming Windsor told a New York news conference. "And those children who are gay will be free to grow up and love and be married."

THE CANADIAN PRESS

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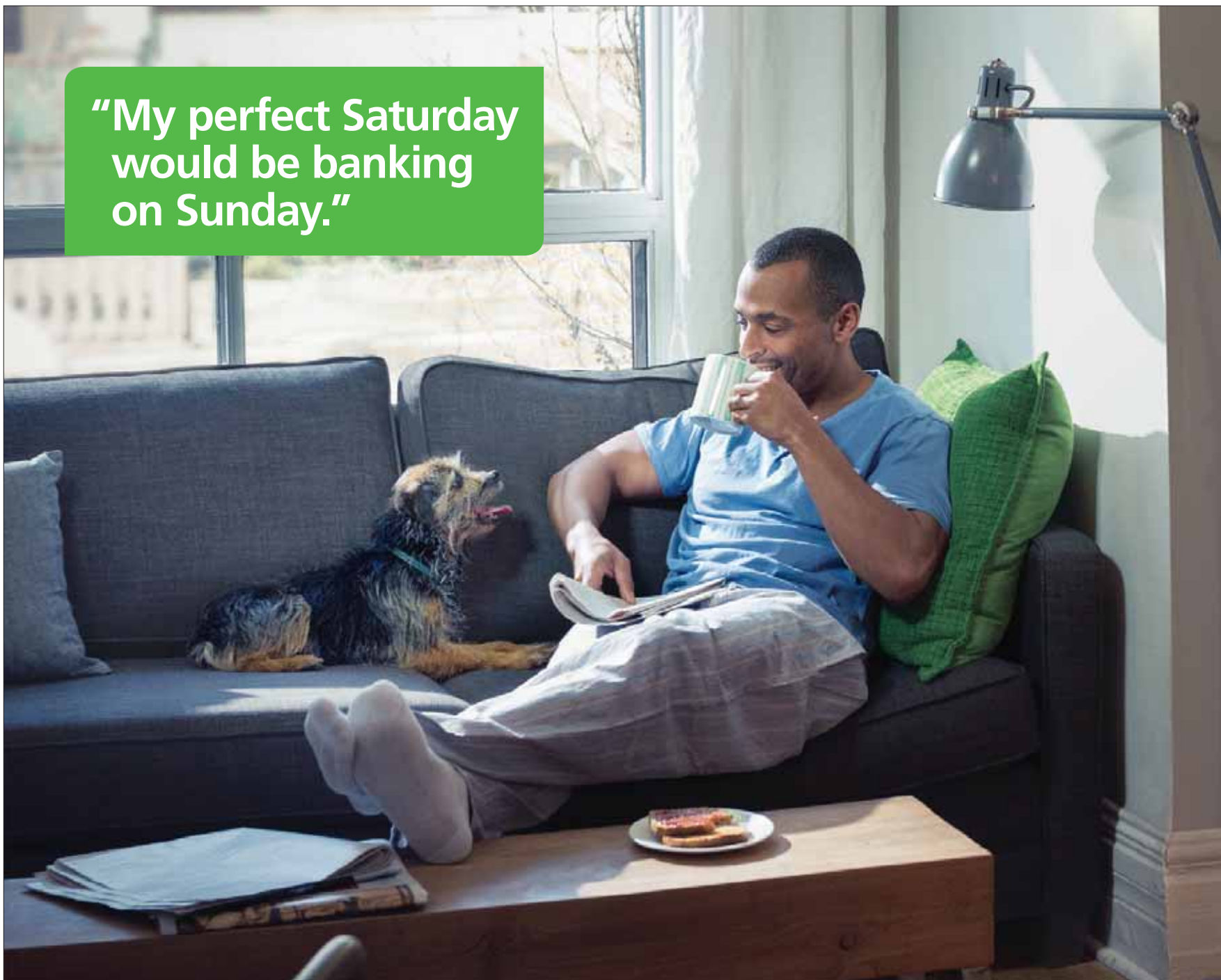
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Mobile market

Verizon's interest in Canada sends shares of big three tumbling

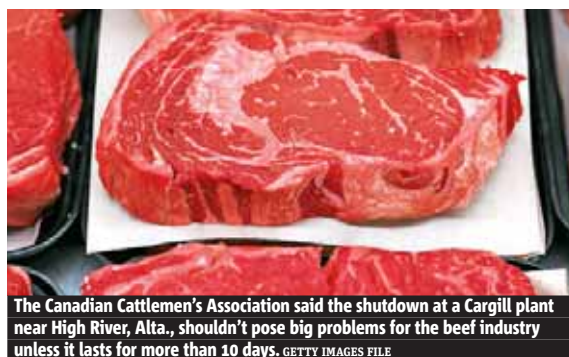
The impact of the potential arrival of American giant Verizon in Canada's cellphone market has left analysts divided, with some seeing benefits for consumers and others a lot of negatives.

Verizon, the largest U.S. carrier, has almost 100 million subscribers, easily dwarfing the combined 25 million held by Rogers Communications, Telus Corp. and Bell Inc.

News that it was in the market for some of Canada's smaller players sent the shares of the big three Canadian companies tumbling on Tuesday.

The Globe and Mail has reported that Verizon has made an initial \$700-million offer for Wind Mobile and is starting talks with financially struggling Mobility. Both small carriers have just over 850,000 subscribers between them.

THE CANADIAN PRESS



The Canadian Cattlemen's Association said the shutdown at a Cargill plant near High River, Alta., shouldn't pose big problems for the beef industry unless it lasts for more than 10 days. GETTY IMAGES FILE

High River, Alta. Floods force Canada's largest beef plant to stop slaughtering

Flooding in southern Alberta has forced the largest beef plant in Canada to stop slaughtering cattle.

Cargill Ltd.'s facility outside High River depends on large volumes of clean water from the town's treatment plant, which hasn't been working since floods heavily damaged the community.

Brigitte Burgoyne, a company spokeswoman, said the meat packer stopped slaughtering cattle last Thursday and won't be able to resume

until High River's water plant is fixed.

"We are hoping to get the process up and running in the next week or so, but we still don't have a clear date as to when that will be," Burgoyne said on Wednesday.

"Due to the nature of this natural flood disaster, decisions related to the resumption of beef production are going to be made on a day-to-day basis until we are back in full operation."

THE CANADIAN PRESS

RetailMeNot offers Canadian website

Online deals. Coupon destination aims to create 'more relevant' experience for buyers north of the border

Some savvy shoppers never complete an online purchase before launching a quick search to see if any money-saving coupons are available online.

The option to insert a coupon or promo code during checkout is a good hint that the e-tailer may be offering discounts to those in the know.

In the U.S. and other markets around the world, RetailMeNot — which logged more than 450 million visits globally in 2012 — is a top destination for finding those coupons.

And plenty of Canadians have also been using the search tool, even if it wasn't set up to offer discounts in Canada.

On Wednesday, the com-



RetailMeNot.ca has coupons and offers from retailers such as Aeropostale, Roots, Banana Republic, J.Crew, Lowe's, Sears and Starbucks. SCREEN GRAB/RETAILMENOT.CA

pany announced the launch of RetailMeNot.ca, to better serve the scores of Canadians that have already been using the site in search of deals.

"We should've been here probably a while ago," said head of communications Brian Hoyt.

"We've had millions of visits from Canadian consumers coming to the U.S. site and quite frankly we were offering

them a sub-optimal experience. Now we've created something that's more relevant to them."

Canadians who visit the site will see coupons and specials from retailers including Aeropostale, Banana Republic, J.Crew, Lowe's, Roots, Sears and Starbucks. Some deals aren't exclusive to the site and are the same specials consumers would see in a flyer or at a store's website. THE CANADIAN PRESS

Selling strategies. Care for some Coke with your cereal?

Get people to swap tea or coffee for soft drinks with breakfast — that's one of the strategies Coca-Cola's main bottler in Europe is targeting to boost sales in the United Kingdom.

Coca-Cola Enterprises Inc. issued a report last week identifying ways it can increase sales over the next five years in the region. One

category titled Complete the Meal notes that breakfast is often referred to as the most important meal of the day, with about one-quarter of all drinks being consumed before 10 a.m.

"How do we motivate people to make soft drinks, like smoothies, juices and other on-the-go products, part of their morning ritual in the

same way as tea or coffee?" the report asks. In a statement, the firm said it was referring specifically to smoothies and juices in suggesting breakfast as an area for growth.

The optimistic report comes as soda consumption has been fading in developed countries such as the U.S. amid concerns that it fuels weight gain. THE ASSOCIATED PRESS



Wellies and rucksacks mean its Glastonbury time

Gates opened Wednesday at a U.K. dairy farm that will be hosting one of the largest music festivals in the world — Glastonbury Festival of Contemporary Performing Arts. While some arts and music festivals struggle to sell tickets, Glastonbury, in its 43rd year, sold out in minutes before any of the headliners had been confirmed. The festival, which started in 1970 when several hundred hippies paid one pound to watch Marc Bolan, now attracts more than 175,000 people over five days. Arctic Monkeys, Mumford and Sons and the Rolling Stones are playing. MATT CARDY/GETTY IMAGES



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TAKE THE ROAD LESS ARGUED

As I get older, I fear I may be slipping into the deep, dark abyss of bright, easy vacations.

The horror, the horror.

I'm in Amsterdam at the moment, and it's about as easy as it gets, unless you're allergic to bicycles, fear small serving sizes and can't tolerate tolerance. (Toronto Mayor Rob Ford would hate it here.)

I've always prided myself on my ability to fling myself into strange places with just a tent and a backpack and my wits — all three smaller than you might imagine. But more and more often when I travel I find myself striving for the easy way in. Niagara Falls, not Victoria Falls. Hotels, not hostels.

It makes me vaguely sad, and has me worrying I'll regress into that guy on the tour bus with the Hawaiian shirt asking if "you all get McDonald's around here."

I've been having a running debate with myself during this trip about the "right way" to travel. If you've never been to the Munk Debates, it's just like that. If you have been to the Munk Debates, never mind.



HE SAYS
John Mazerolle
metronews.ca

It goes like this:

Easy: Vacationing should be easy, duh. That's why it's called a vacation. Probably. I'm lying here on vacation and I'm too lazy to look it up.

Hard: Get up, you sack of suet. Travelling should be a challenge. I can relax at home. I see Facebook cover photos of people's toes on beaches and their feet scream at me like Chekhov's gun. Use them before it's too late!

Easy: Gee, you sound like a blast to travel with. If you have the means to enjoy yourself, do it. Don't deny it because of some misguided need to feel cool. You're like the guy who orders suicide wings just to say you did, even if it's as enjoyable as getting a live chicken to peck at your face.

Hard: At least that's a story to tell. You have a whole world to explore, full of wonders and dangers and excitement, and when you come back all you'll be able to say to people is that it was "nice."

Easy: It isn't always easy. I just paid four euros for 200 millilitres of Pepsi. Who wants 200 ml of anything?

Hard: Well, that's certainly worthy of Jacques Cartier. Do you

think you'll be OK?

Easy: You're such a snob.

Hard: Snob?

Easy: Snob.

(Reminder: Just like the Munk Debates.)

Easy (cont.): You treat travelling like a private club, where the only people deemed worthy are ones who have seen enough to be considered cool, like there's a velvet rope around developing countries or something. I don't need a VIP ticket to see the Earth, snob.

Hard: You know what's snobby? Expecting to be waited on hand and foot by people making crap money while you lounge around doing nothing. All you need is a vomit bucket and you're Julius Caesar. And from what I've heard about cruise ships, you might need that bucket.

Easy: I don't want to argue anymore. I'm on vacation.

Hard: I'd rather be challenging myself anyway. Let's get a drink.

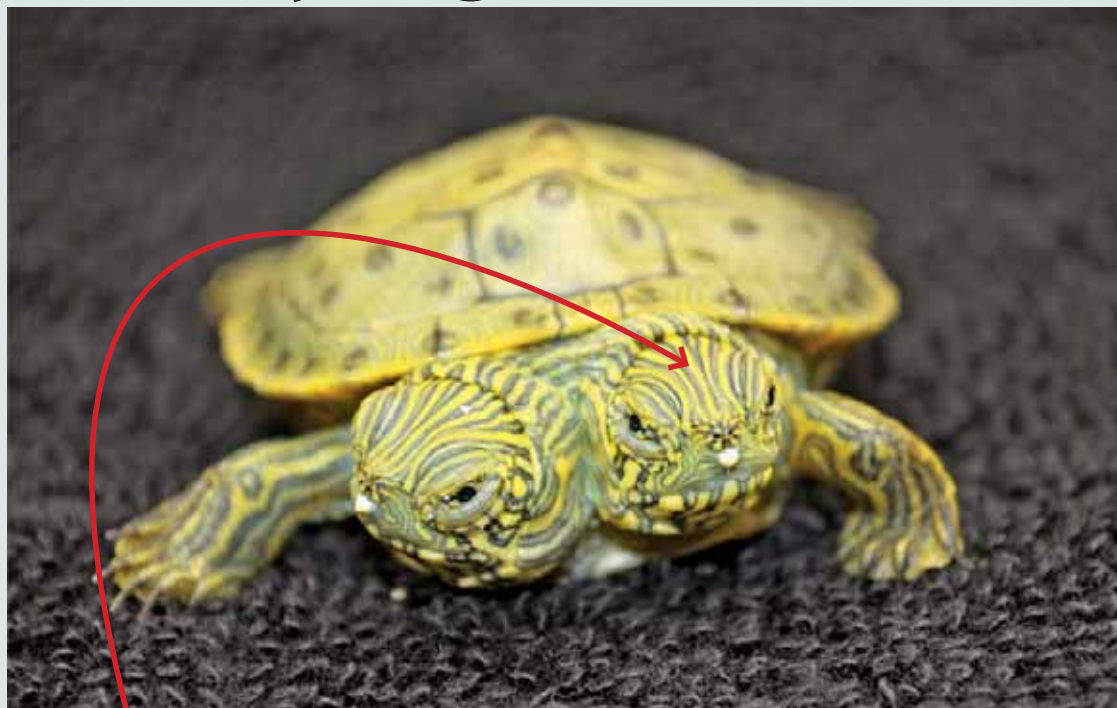
Easy: 200 ml of Heineken would go down easy. You're paying.

Hard: That's what I'd prefer.

(Reminder: If you'd like a transcript of this important debate, you should get out more.)

ZOOM

One way to get ahead in life



SAN ANTONIO ZOO/THE ASSOCIATED PRESS

Two-headed turtle makes its debut

Thelma and Louise, a two-headed Texas cooter turtle, is seen at the San Antonio Zoo. Zoo officials on Tuesday said the Texas cooter was born June 18.

The turtle was one of

several Texas cooters born this month at the zoo, but the only one with two heads. The zoo is no stranger to two-headed reptiles. The facility was home to a two-headed Texas rat snake named Janus from 1978 until the creature's death to 1995.

THE ASSOCIATED PRESS

Let's put our heads together

- Zoo spokeswoman Debbie Rios-Vanskike said the two-headed turtle appears healthy and is able to swim and walk. She says experts at the

zoo don't foresee any health issues for Thelma and Louise, named for the female duo in the 1991 Oscar-winning road movie of the same name.

Clickbait



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Are you tired of composing text messages with 26 measly letters and a few punctuation marks? Give these apps a spin to add some visual flair to your texting game.



Emoji:

While most North Americans are familiar with the iconic :-) smiley face, Japanese texters have taken pictographs to a whole new level. Newer iPhones actually have a built-in emoji keyboard (you just have to enable it under the international keyboards setting), but there are a host of apps available for Android users and Apple laggards.

gif. The iOS edition even integrates with your camera to let you stick pics on top of your friends' faces.

SMS Rage Faces:

Popular on social sites like Reddit and 4chan, these pictures can be used to express the full gamut of online emotion, from rage at reading the comments section to the shock and awe of a cute cat

Look of Disapproval: Similar to Rage Faces, this app lets you copy and paste all kinds of unicode emoticons into your texts. From Big Ears Sad Look to Hitler Look Of Disapproval, there's something for everyone.

Twitter



@metropicks asked: Coca-Cola will try to get Brits to swap their morning coffee for pop. Would you make the switch?

@theunshakable1: Why? The British bad teeth stereotype isn't bad enough? Really trying to drive that point home...

@FrenchmanCanada: Totally! I've always wanted to be morbidly obese and contract diabetes.

@LauraBabcock: barf

@GiseleLumsden: Really? Ewww

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NOT ALL CREDIT CARDS ARE CREATED EQUAL

These days, most credit cards are enhanced with points programs designed to give customers something extra for their dollars spent. But when it comes to premium travel rewards, RBC Infinite Avion card is a step above the rest.

"Avion really brings the statement 'not all points are created equal' to life," says Andrea Metrick, director, retail credit cards, RBC.

Avion offers unmatched travel benefits with a policy of "any flight, any airline, anytime."

"Clients can easily redeem their points for travel even during peak times like March break," Metrick says. "There are no blackout periods or seat restrictions. And your points won't expire, so you can save up for a really big trip if you choose. This really resonates with our cardholders."

What do clients like most about Avion?

"Our customers are busy people who appreciate ease and convenience, but they also want flexibility and choice when it comes to redeeming their RBC Rewards points for travel and other rewards," Metrick says.

Clients have the option of converting points to WestJet dollars, British Airways Avios, American Airlines AAdvantage miles, Cathay Pacific Asia Miles, Shoppers Optimum Points, or Esso Extra Points.

Another advantage is the ability to earn bonus points for any travel-related purchase (flights, hotels, car rentals, etc.).

"Instead of the usual one RBC Rewards point for every \$1 spent, you get an extra 25 per cent for travel purchases," Metrick says.

"Customers can earn points even faster when shopping online through the RBC Rewards eMall, an exclusive e-commerce site where they can access more than 250 Canadian and U.S. retailers and earn points up to five times faster.

"Avion also provides great opportunities to use points for merchandise, gift cards and RBC financial rewards," Metrick adds.

For example, a customer can convert their points to top up an RRSP or pay down an RBC loan or line of credit.

"It's this kind of flexibility that really puts Avion cardholders in the driver's seat."



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SCENE 2

Walk on down to Avenue Q

Puppet nudity?

'Broadway musical for adults' with music, madness and hilarity



BACKSTAGE
PASS

Graeme McRanor
vancouver@metronews.ca

I'm not exactly sure what "full puppet nudity" means, and don't judge me but I really want to find out.

Billed as a "Broadway musical for adults," Avenue Q at the Arts Club promises the above and some laughs too.

"The music is playful, the lyrics are outrageous, the script is hilarious, and the characters are delightful," says Q director, Peter Jorgensen.

"Underneath its colourful fur, a big, boisterous heart beats."

Beyonce, you say?

If you're a Beyoncé fan then you need to get your happy on right now, because Beyoncé is coming! Yes, sound the trumpets, roll out the glitter cannons and open your wallets — the Mrs. Carter Show World Tour drops into Vancouver Saturday, Nov. 30. Tickets are \$45 to \$250 and are on sale Monday, July 8 via livenation.com. Mark it on your calendar. Do what you have to do. It's Beyoncé, yo.



Avenue Q plays Arts Club's Granville Island Stage until Aug. 3. It's not for kids. HANDOUT

Here's the lowdown: a bright-eyed college graduate arrives in the Big City looking to make his mark. The only neighbourhood he can afford to live in is one shared by humans and puppets. Cue music, madness and hilarity.

Just don't bring the kids. As per advance publicity: "This is a puppet show. However, this is not your kids' puppet show as

it sneaks a peek at raucous sexual congress, failed childhood stardom, excessive drinking, moving in and out of a slummy neighbourhood, investing, mix-tapes, cute creatures doing bad things, singing boxes, getting laid off, finding your purpose, getting fired..."

The list goes on. Avenue Q is at the Granville Island Stage until Aug. 3. Tickets \$29 to \$54.

More information at artsclub.com.

Blowing more than hot air

Things have been a bit wet around town this week, but a hot southern wind is blowing in off the Mediterranean Saturday night. Centro Flamenco Rosario presents Siroco, a night of flamenco dance and music. Performers include guitarist

Victor Kolstee, Flamenco Rosario company dancers Rosario Ancer, Afufa Lahbabi, Melanie Meyers, Veronica Stewart, Angela Gomm, Pilar Arancon and more. Also in the mix: special guests the Argentine Tango Lab.

Check out Siroco Saturday night at the Vancouver Playhouse. Tickets are \$30 — available at centroflamenco.com. Starts at 8 p.m.



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102332 (03/2013)

Sitcom vet's return will make for a good Knight

The Exes. Seinfeld's Newman and Jurassic Park's Dennis Nedry may define Wayne Knight but there is more to his career and him than those nasty guys

MATT PRIGGE

Metro World News in New York City

Wayne Knight's legacy is sealed, thanks to two major contributions to 1990s culture: Newman on Seinfeld and greedy Dennis Nedry in Jurassic Park. Knight returns to sitcom work with TV Land's *The Exes*, now starting its third season, which also reunites him with his *Third Rock From the Sun* co-star Kristen Johnston. But like many old workhorses, there's more to him, including films, shows and Broadway work.

What's it like returning to sitcoms?

Basically the nature of the job is equivalent to stealing. Once you've learned how to pilfer, you remember how to do it, it's highly profitable, and it takes little effort.

You've said one thing you like about your Exes character is he's a bit opaque, and you can play him in different ways.

This season we get to see a bit more variance. We peel away revelations about what



Wayne Knight will star alongside former *Third Rock From the Sun* co-star Kristen Johnston in *The Exes*. GETTY IMAGE

his marriage was like. There's depth to him that doesn't show all the time. There's broadness at times. There's cynicism. It just depends on where he is in the plot.

Do you consciously try to avoid some of the darker tones of Newman or Dennis Nedry?

It's more in the public's eye than mine. I don't know if I'm as versatile as I'd like to pretend (laughs). The thing is if you play two iconic characters who are evil guys, if you do it well, then that's what people want to see you do. I spent 19 years trying to change that, but after awhile you just go, "Oh, whatever."

You started as a serious stage actor when?

I came to New York at 23, and was on Broadway for this play *Gemini*, which was a comedy. I honed my chops over three years of doing that play. What was fascinating to me (was) learning how an audience works. You just learn these things about comic timing.

As far as films, you were in two separate Oliver Stone movies: Born on the Fourth of July and JFK.

I had very little to do in *Born on the Fourth of July*. I had to push Tom Cruise into the Democratic Convention with John C. McGinley. We did this improv as we were shoving him through. I think Oliver was impressed I kept up with John C. He's a verbal gymnast.

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Last Week: 1 / Weeks on List: 2



2. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's *Inferno*.

Last Week: 2 / Weeks on List: 5

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| ★ 3. EYE OF GOD James Rollins | - | 1 |
| 4. THE GREAT DEGENERATION Niall Ferguson | 4 | 2 |
| 5. REVENGE WEARS PRADA Lauren Weisberger | 5 | 4 |
| 6. ZERO HOUR Clive Cussler | 6 | 5 |
| 7. SILVER STAR Jeannette Walls | 3 | 3 |
| 8. ONE HEART TO WIN Johanna Lindsey | 8 | 3 |
| ★ 9. BEAUTIFUL DAY Elin Hilderbrand | - | 1 |
| 10. DELICATE TRUTH John Le Carré | 10 | 8 |
| 11. THE SECRET RACE Tyler Hamilton | 11 | 2 |
| 12. FLIGHT OF THE EAGLE Conrad Black | 12 | 6 |
| 13. KILL ROOM Jeffery Deaver | 7 | 4 |
| 14. WAITING TO BE HEARD Amanda Knox | 14 | 2 |
| 15. TRANSATLANTIC Colum McCann | 15 | 4 |
| 16. WILD Cheryl Strayed | 16 | 13 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 10 |
| 18. RED SPARROW Jason Matthews | 18 | 3 |
| 19. BEST KEPT SECRET Jeffrey Archer | 9 | 9 |
| 20. DOUBLE CROSS Ben Macintyre | 20 | 7 |

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Keep fit, have fun, win at all costs with Body Break

The Amazing Race Canada. Married pair who spent 25 years encouraging Canadians to be fit compete in the frantic, stressful reality show



Hal and Joanne. THE CANADIAN PRESS

For 25 years, Hal Johnson and Joanne McLeod have been a relentlessly cheerful presence in Canadian homes through their brief Body Break fitness vignettes — chipper little missives designed to get Canucks sweating with a smile.

Well, now that the couple has signed up to be contestants on the intense cross-country competition The Amazing Race Canada, things might change. Viewers will now likely see Johnson and McLeod when they're exhausted. And when they're stressed. And perhaps even when they're — gasp — fighting?

"It's funny with social media because there's been so many

people saying: 'Are Hal and Jo going to fight? I don't want to see them fight!'" said Johnson with a laugh in a recent interview prior to taping the reality series, seated next to a smiling McLeod. "You know, I think the biggest thing is we respect one another first."

"So what you see in Body Break is certainly a part of us. It's not all of us," added Johnson. "You're going to see us tired. You're going to see us in different situations that we've never done before. But I don't perceive that we would fly off the handle — because I just never do that."

Indeed, the couple is speaking several weeks back just prior to taping of the race-around-the-country competition (the show premieres July 15 on CTV). In the adjacent room, the pairs that Johnson and McLeod will face off against are scattered about, sitting quietly under instructions not to speak to each other. It's a tense scene.

But Johnson and McLeod are all smiles. They said taking this challenge on seemed like fortuitous timing, given that they're celebrating a quarter-century of Body Break. Similarly, Johnson and McLeod have spent their lives trying to inspire Canadians to activity — and now they see an opportunity to prove what's possible at an, ahem, advanced age. Johnson is 57 and McLeod 54, and they have something to prove.

"There are some teams in this race that their cumulative age does not add up to mine," laughed Johnson. "It's about showing that it doesn't matter how old you are. You can go out and do anything."

THE CANADIAN PRESS

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Bad boy rocker trashes plastic bottle.

Kurt Kendrixx, lead singer of the band *Brütal Düdes*, tossed a plastic bottle in the trash.

During a recent tour stop in Vancouver, Kurt Kendrixx failed to recycle a plastic bottle. The bottle spoke out about the incident yesterday, saying "He totally treated me like garbage."

Members of the band say that while they've come to expect wild antics from their singer,

this time he went too far. It remains to be seen if the band will finish the rest of their world tour.

Once again this goes to show that every bottle you don't recycle says something about you. *So always return your plastic bottles for recycling.*

— return-it.ca

"He totally treated me like garbage."

— Plastic Bottle



The bottle was carelessly tossed in this garbage can backstage.





Jennifer Aniston. ALL PHOTOS GETTY IMAGES

Aniston engagement on the rocks over East Coast row

Wedding bells may not be ringing after all for Jennifer Aniston and Justin Theroux, as their marriage plans have reportedly stalled due to a dispute over where to live, according to Radar Online.

"He suggested the couple could live in New York City part-time, no more than six months a year," a source says.

"Justin misses the Big Apple and his friends. His entire life was in New York, and he uprooted his entire life to move to L.A. to be with Jen. He thinks it's time Jen start to compromise, but she is absolutely refusing to live on the East Coast, even part-time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Brown continues bumbling his way around

Jeez, rough week Chris. Just two days after being accused of assaulting a woman in a San Diego nightclub, Chris Brown has been charged with a hit and run as well as driving

without a license by the Los Angeles City Attorney's office, according to E! News.

On May 21, Brown allegedly struck another car but refused to give his driver's license number and fled the scene.

His arraignment is set for July 15, and he faces up to six months in jail and a \$1,000 fine for each offense. It's unclear how the new charges will effect Brown's ongoing probation for his assault of Rihanna.



Victoria Beckham

No acting experience, no problem

Victoria Beckham thinks her husband, David, can do anything — even be the next to play James Bond.

"I think you would be really good at acting. I think you'd be great," Victoria tells David during a joint interview with Chinese news station CCTV. "I think he should be James Bond. He'd

be a good James Bond."

David isn't so sure another career is exactly what he needs right now, though.

"I have some friends who are actors," David says. "Tom Cruise is a very good friend of ours. But I don't think I have any plans to become an actor. I'm not sure I'd be very good at it."



Heidi Klum

Klum committed to making Seal extinct

What's more final than a divorce agreement? How about getting a tattoo removed. Heidi Klum is apparently really,

truly done with ex-husband Seal, as recent photos of the model seem to show that she is in the process of removing a tattoo on her forearm that she got in 2008 to commemorate their fourth anniversary, according to Splash News. The tattoo is a stylized design of Seal's name, along with the initials of the three children they share.

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MICHAEL SONG/TOURISM VANCOUVER

EVENTS, SHOWS, PLACES TO GO

BARD ON THE BEACH SHAKESPEARE FESTIVAL

June 12 to September 14

Celebrate summer the Elizabethan way. Performances take place on the waterfront in Vanier Park, and include Twelfth Night, Hamlet and Measure for Measure. bardonthebeach.org

VANCOUVER INTERNATIONAL JAZZ FESTIVAL

June 21 to July 1

Every year the festival welcomes some of the world's finest jazz artists. This year's lineup includes Herbie Hancock, Esperanza Spalding and Nikki Yanofsky. coastaljazz.ca

ABBOTSFORD INTERNATIONAL AIRSHOW

August 9 to 11

The Airshow is celebrating its 50th anniversary. Spectators will enjoy a variety of exhibits, including static aircraft, plus performances from the Canadian Forces Snowbirds Demonstration Team, the Canadian Forces Parachute Team (the Skyhawks) and more. abbotsfordairshow.com

VANCOUVER GREEK SUMMERFEST

June 27 to July 7

This event celebrates the best in Hellenic music, dance and cuisine here in Vancouver. Admission is free. vancouver-greeksummerfest.com



DANNIELLE HAYES/TOURISM VANCOUVER

greeksummerfest.com

CANADA DAY

July 1

Vancouver celebrates Canada Day, West Coast-style, with major events happening at Canada Place and Granville Island, plus local events near you. canaday.canadaplace.ca, granvilleisland.com

INDIAN SUMMER FESTIVAL

July 4 to 13

From music, dance and cuisine, to literature, film and the visual arts — and even yoga — this festival celebrates the culture and wisdom of South Asia. indian-summerfestival.ca

KHATSAHLANO! MUSIC + ART FESTIVAL

July 13

Boasting 12 stages and more than 50 top local performers, this 10-block street festival brings the cool — even in July. Admission is free. katsahlano.com

VANCOUVER FOLK MUSIC FESTIVAL

July 19 to 21

The Folk Music Festival returns with three days of world-class entertainment. This year's lineup includes Kathleen Edwards, Whitehorse, Natalie Maines and many more. thefestival.bc.ca

CARIBBEAN DAYS FESTIVAL

July 27 to 28

A weekend of music, dance, crafts and cuisine, located at North Vancouver's Waterfront Park. Activities include a Caribbean Boat Cruise, Multicultural Street Parade and International Food Fair. caribbeandays.ca

HONDA CELEBRATION OF LIGHT FIREWORKS FESTIVAL

July 27, July 31 and August 3

Teams from Canada, Thailand and the United Kingdom compete for glory at this year's Fireworks Festival — the largest offshore fireworks competition in the world. hondacelebrationofflight.com

VANCOUVER PRIDE PARADE

August 4

More than 700,000 spectators will converge on downtown Vancouver for the Pride Parade — one of the largest in North America, and the only one for which spectators and participants outnumber the residents of the host city. vancouverpride.ca

PACIFIC NATIONAL EXHIBITION

August 17 to September 2

The PNE returns with all the rides, games, concerts, food and agricultural displays Vancouverites know and love. New this year: Genghis Khan: The Exhibition. pne.ca

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Wave goodbye to boring

You've got it braid. Sweating the summer 'do dilemma? Weave together a Hollywood mane-stay and every hipster's must-have hairstyle.

TINA CHADHA
Metro World News

You love the Veronica Lake waves actresses such as Jes-

sica Alba and Jessica Chastain sport on the red carpet, but you just can't get over a dreamy braid crown, either (especially as temperatures continue to rise). Jenny Balding, styling and grooming expert at Cutler/Redken Salons, says to combine the two. She shows us how to create a modern version of the popular retro trend by adding an oh-so-now braid to the mix.

"It's rock 'n' roll with the braid," says Balding. "And it's a way of getting the hair off your neck without having to do an updo." Bring on the outdoor weddings!



Jessica Alba sweeps it to the side while Jessica Chastain brings her red hot tresses to the red carpet. GETTY IMAGES

Hairdo how-to

- Create a deep side part. Blow out your hair with a big round brush to give it volume.
- Using a 1-inch barrel curling iron, curl your whole head, working from mid-length to the ends only. Hold the iron vertically and wrap small sections of hair around the barrel toward your face. Only when doing the front of the hair, or bangs, wrap your hair around the barrel away from your face.
- Once the hair has cooled, use a boar bristle brush to gently brush out curls.
- Next, section off hair underneath the part. Working at an angle, French braid the section halfway down the hair. Tie the braid with a clear elastic, such as Snag-Free Hair Elastics from Sephora, and sweep it across your shoulder underneath the waves.



Pre-style secrets

- Wash your hair the night before so it's clean but lived-in a little.
- Before starting, apply a volumizing lotion to the roots for body. Balding uses Redken's Rootful 06.
- For a polished finish, add a drop or two of argan oil from mid-length to ends.

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What shade of shades suits your lifestyle?

Match colour with activity. Whether you want to live bright, be sensible or increase your sporting prowess, there is a hue for you

Not just a fashion statement

"Lenses can affect — and can enhance — performance."

Dr Justin Bazan, optometrist

Is seeing life through rose-coloured sunglasses right for you? It might be if you're a fan of early-morning bike rides, if you're a commuter at dusk or you happen to live in a largely overcast climate.

Choosing new summer shades is more than an issue of flattering frames. There are decisions to be made about the lenses, too, and there will only be more in the future.

Things to think about: Are your sunglasses more for performance or fashion? (You don't necessarily need to choose.) Are you concerned about glare or definition? Do you want a curved lens that

provides maximum coverage or a flatter one that allows more peripheral vision?

Will grey, green or rose be a better match for your lifestyle? Each is best suited to handle particular conditions and activities.

"Lenses can affect — and can enhance — performance. Sports performance is the biggest category for shopping by lens colour and treatments, and most fashion lenses are still browns and greys," says Dr. Justin Bazan, a Brooklyn optometrist and medical adviser for The Vision Council, a trade group for the optical industry. "I can imagine it happening, though, that the tint options that have exploded in

sports will soon come to fashion purchases."

Roberto Vedovotto, CEO of Safilo Group, parent company to sunglass brands Carrera, Smith Optics and Polaroid, and the licensing partner for designer labels Gucci, Dior and Marc Jacobs, agrees that it's on the cusp.

Customers, he says, are becoming more educated about ultraviolet light — largely because of great strides in sunscreen use, and they are aware that the technology exists to improve sunglass lenses. People are very aware overall about protecting themselves from the sun.

"Educated consumers help us," adds Vedovotto. "People who care about the lenses, they want perfect vision."

That probably explains why athletes are the most demanding, says Bazan. "For those people who are very competitive, they'll look for anything that gains an advantage." **THE ASSOCIATED PRESS**



Decisions decisions ... what colour is for you? AP PHOTO/RICHARD DREW

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Time for Tea! A fund-raiser for St. Mary's U. #NovaScotia My hat is by Toronto's David Dunkley.

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The Sun

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Ashley Kowalewski
TheKit.ca



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Trends Report

- The Internet has turned many of us into virtual fashionistas, but with so many websites to navigate, online deals can be hard to keep track of. Go to Trends Report to learn more about how a Vancouver-based tech startup

has created a tool to help organize all your virtual shopping trips.

Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetrolreneK



The Kit

Canadian street style

Spotted in: Toronto

Jenni
Music teacher
Age:26

What she's wearing

Sele floral dress, vintage leather purse (from her Nona's closet), American Eagle shoes, H&M sunglasses and belt.

Her inspiration

"The weather and comfort. I like feeling fresh and being comfortable in what I am wearing. In the summer you can always find me in a dress, right now my closet consists of only summer dresses!"

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Rock these summer music fest threads

We shed a spotlight on managing your mainstage look by pegging down a few style staples

RICHARD PECKETT
Metro World News

Superga classic flat plimsolls

\$76, asos.com

Superga could just be the new Converse. These low-slung plimsolls work with pretty much anything — and they're perfect for a messy festival weekend away.



Topman chino shorts

\$50, topman.com

Yep, they're a little bit Boy Scout but you're going to be spending your time in a tent, so they're fit for purpose. What we like best is the fact that you can cuff the hem to take full advantage of that glorious sunshine.



Topman grey classic T-shirt

\$14, topman.com

After a night on the booze, the last thing that you're going to want to do is have to make wardrobe choices, so keep it simple with this cheap and stylishly pared-down grey tee.

Lee Rider jacket L888DFUA

lee.com

Yeah, it might get a bit beaten up but that's part of the charm. Unlike the Rolling Stones, denim jackets get better with age.



Uniqlo slim fit straight jeans

\$50, uniqlo.com

There's nothing more rock 'n' roll than black jeans — and they hide the dirt well, too. Uniqlo's are slim without being super tight, so you should make it through the festival without any issues "down there."



Urban Outfitters Cheap Monday black Physchometry sunglasses

\$37
urbanoutfitters.com

Name a rocker who doesn't like a Wayfarer-style? This pair is perfect for sun protection and hiding any hangovers.



Use to be inside this summer.

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Make room on the barbecue for a new kebob

Dakka

Dakka is a mix of spices. In Flavours of Aleppo, dakka boasts allspice (40 per cent), ground black pepper (30 per cent), crushed cinnamon (10 per cent), whole cloves (10 per cent), whole green cardamom (5 per cent) and ground nutmeg (5 per cent).

1. With a vegetable peeler, peel eggplants lengthwise in strips, leaving strips of skin between each peeled strip. Then cut the eggplants into rounds 1 1/2 to 2 inches (4–5 cm) thick. Set aside.

2. In a bowl, mix the meat, dakka and salt. Preheat the barbecue. Oil the grill well with vegetable oil. Make little meatballs about the same size as the eggplant rounds.

3. Skewer the eggplant rounds and meatballs alternately onto the skewers, slightly flattening the meatballs between the eggplant slices as you do so. Grill for 8 to 10 minutes on each side, until the eggplant is tender. Serve hot with pita and bell peppers or hot peppers.

4. For a softer flavour, precook the eggplant and meatball skewers on the barbecue. Re-

move the eggplant rounds and meatballs from the skewers and arrange them on a buttered baking dish. Dot with butter. Add 1/2 cup (125 ml) of water. Cover and bake in the oven at 350 F (175 C) for 30 to 45 minutes. **RECIPES PRINTED WITH PERMISSION FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE BY DALAL KADÉ-BADRA AND ELIE BADRA (WHITE-CAP)**

Ingredients

- 12 long, narrow eggplants
- 1 1/2 lbs (750 g) ground lamb or lean ground beef
- 2 tsp (10 ml) ground dakka
- 2 tsp (10 ml) fine salt

Kebobs and Eggplant



This recipe serves four to six. FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE

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Biscuits Mille-Feuille



Ingredients

- 13 oz (400 g) 72% dark chocolate
- 1 cup (250 mL) 35% cream
- 60 tea biscuits (purchased)
- 3/4 cup (185 mL) strong espresso coffee or orange juice
- raspberries, for garnish

1. Line an 8- × 8-inch (20 × 20 cm) pan with plastic wrap, draping wrap over the sides.

2. In a pot, melt the chocolate on medium heat with the cream. Set aside half of the melted chocolate mixture and refrigerate.

3. Dip 10 biscuits in the coffee (making sure the whole biscuit gets dipped) and arrange in a layer on the bottom of the pan. Cover with a thin layer of chocolate. Repeat the biscuit and chocolate layers, making five layers and finishing with a biscuit layer. Bring the plastic wrap up over the biscuit to cover the Mille-Feuille (use more plastic wrap if needed). Refrigerate for 4 to 6 hours.

4. Re-melt remaining chocolate and cream mix on low heat. Remove plastic wrap and turn Mille-Feuille upside down onto a serving plate. Pour melted chocolate otop and decorate with raspberries. Let chocolate set and become cold.

Cookbook of the Week

A unique cuisine



In Flavours of Aleppo: Celebrating Syrian Cuisine, Dalal Kadé-Badra and Elie Badra explore the cuisine of the country's second largest city. Turkey, Greece, Armenia and the rest of the Levant influenced Aleppian cuisine so the book includes versions of many classic Levantine dishes such as kabob, kibbeh (bulgar, onion and ground meat) and mezzes. Also among the recipes are nearly 100 meat and vegetarian main and side dishes, barbecue bites, desserts, sweets and even drinks. **METRO**

Recipe to Riches



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If you've got the chops, come to an open call in Vancouver on **Saturday, July 6** and meet host and food fanatic Carlo Rota. Your recipe could become a President's Choice® product and win you up to **\$250,000**.

For more delectable details, go to cbc.ca/recipeforriches



THE WILD SIDE WITH MOCK CROC

Following the lead of top fashion designers, home furnishings makers have embraced crocodile patterns in a big way. Many of the most exciting designs unveiled at a recent showcase of new furniture products in High Point, N.C., — known as the furniture capital of the world — featured the dramatic texture and pattern of this stylish reptile. Mock croc, it seems, has walked straight off the designer apparel runway and into living rooms, dining rooms and even bedrooms.

No longer reserved for shoes, bags and apparel, faux croc is one of the most on-trend looks for today's furniture. From cabinets and consoles to sofas and chairs, croc patterns debuted in an astonishing



array of materials and colours this spring.

"It's exciting to see the way furniture designers have embraced faux croc and interpreted it for their collections," says Jackie Hirschhaut, vice-president of the American Home Furnishings Alliance with a Canadian chapter. "Eclectic blends of colour, texture and materials have been a key trend in accent furniture for several years. Each season we see something new peak in popularity. Last fall it was nail-head trim. This spring it was definitely faux crocodile."

Most new designs introduced at the spring High Point Market will appear in retail stores by early fall.

In home furnishings, fashion-forward applications of the deeply-scored crocodile skin pattern are most often in leather, but it also showed up stamped in



metal and painted on wood at the spring High Point

"And while the patterns are close to life-like, the application of colour was anything but," Hirschhaut says. "From oxblood red to deep Nile blue, furniture makers are choosing deep, jewel-toned hues or metallic finishes that add to the exotic appeal."

In his new collection for American Drew, fashion designer Bob Mackie drew inspiration from his luxury apparel roots to create a stunning set of nesting tables



CONTRIBUTED PHOTOS

featuring faux croc. Tabletops crafted from metallic-finished leather stamped with a crocodile pattern are paired with sculpted metal sides to create a jewelry-like accent for a fashion-forward room.

"The pattern and texture of crocodile has been a favourite of mine for years — in fashion as well as home design," Mackie says. "Nature, on its own, has created the most beautiful, natural patterns, including snake, feathers and, of course, crocodile."

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With a boom in immigration and job opportunities, people are quickly beginning to see Saskatchewan as an up-and-coming leader in the Canada economy.

Red Door Venture Group has also recognized this and the enormous potential in the amount of the undeveloped land that is scattered throughout Saskatchewan.

"Red Door Venture Group is a multi-faceted marketing firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan," says Jaimey Midtdal, spokesperson for The Red Door Venture Group.

"At Red Door Venture Group, we have the tools and people needed to take care of the entire process, stress-free. We turn ideas into profit."

And now is the perfect time to start in-



MONKEY BUSINESS IMAGES/VEER

vesting in Saskatchewan. Red Door Venture Group is committed to producing turn-key developments for clients from land acquisition to concept and design to sales.

"We have an easy, all-service system available to our clients," Midtdal says.

Red Door Venture Group takes great pride in the services it provide to its customers and treats each customer with respect by tailoring each interaction to meet their needs.

Red Door Venture Group provides customers with the most precise, concise, and consistent approach to business and stands by all its actions.

Confidentiality is an important core value to Red Door Venture Group and can be entrusted with your business.

For more about Red Door Venture Group, or to schedule a complementary consultation, visit RedDoorVentureGroup.com.

WE TURN IDEAS INTO PROFIT

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Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.

Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients.

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LIVING IN CHINATOWN

The new, up-and-coming shops and restaurants opening in Vancouver's Chinatown have put this eclectic neighbourhood in the cultural spotlight.

But a walk down the community's major streets — Main, East Georgia or Keefer — quickly reveals that, despite its new status as a hip destination, Chinatown is staying true to its roots. Since the 1800s, Chinatown streets have been bustling with food, goods and services that cater to the Chinese community.

Chinatown is also home to some of Vancouver's most interesting real estate developments, according to Alexa Paukkunen, sales and marketing director for 188 Keefer, a new condo development under construction in Chinatown.

This 156-condo, 17-level development by Vancouver's Westbank was designed with a fusion flavour, says Paukkunen.

"188 Keefer reflects the diversity of this area. We've made sure everything from our architecture to our prices reflect the needs and interests of the community," she says.

Those interests include several prominent events every year, including Chinatown's Chinese New Year parade, which includes lion dances, marching bands, dancing and martial arts performances. And, of course, a plethora of mouth-watering food options.

At night between May and September, the newly revitalized Chinatown Night Market is buzzing with vendors,



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food and unique entertainment including mahjong and ping pong tournaments.

But those who enjoy peace and quiet won't have to go far to find it. The beautifully manicured Dr. Sun Yat-Sen Classical Chinese Garden is a short walk from home. This summer between July 5 and Aug. 30, the garden will host its annual Enchanted Evenings Concert Series every Friday night.

Other green spaces close by include Andy Livingstone Park, Oppenheimer Park and Portside Park.

When residents need to get to other locales, the Stadium and Main Street SkyTrain Stations are a short walk away, making Chinatown a hub that's accessible from almost anywhere in the city.

"Chinatown is its own distinct part of Vancouver and we want to celebrate that," says Paukkunen. "We think residents of 188 Keefer will appreciate the diversity the neighbourhood has to offer."

The 188 Keefer information centre is now open at 190 Keefer Street (604-620-2018, 188keefer.com).



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SMART DESIGN, SMART PRICE

There's a new model of home-building in Vancouver, says Paukkunen. "Cost-efficient housing is very important to Vancouver home buyers," she says. "Westbank has responded to that by creating homes that are smartly designed to make the most of the square footage and high-quality building materials."

Westbank designed 188 Keefer with the objective of allowing lower-income buyers to get into the condo market.

"We've carefully considered everything from the flooring to the strata fees so that these homes come in at an affordable price point," Paukkunen explains.

To make the homes even more affordable, Westbank is providing mortgage solutions for qualified buyers.

This is the second development at a lower price point that Westbank has created in Vancouver. The first, 60 West Cordova, was also designed "to create opportunities for locals to own at a reasonable price," says Paukkunen.

QUALITY MEETS AFFORDABILITY AT 188 KEEFER

What do you get when you combine high-quality homes, great prices and an eclectic neighbourhood? You get the well-designed, practical condos at 188 Keefer.

"These homes were designed to be just as interesting and eclectic as their neighbourhood," Paukkunen says. "We're catering to a few different demographics. We wanted to be able to welcome buyers from diverse income levels."

One-bedroom homes at 188 Keefer start at \$239,900 and two-bedroom homes start at \$399,900.

The interiors are high-quality and designed to meet residents' diverse needs.

Podium homes will feature stainless steel appliances, polished granite counter-



CONTRIBUTED

tops, high-quality sink fixtures and premium plank vinyl flooring in light oak.

Tower homes will feature engineered hardwood flooring, Miele and Blomberg stainless steel appliances, contemporary sink fixtures, Corian countertops and custom back-painted glass backsplashes.

The exterior of 188 Keefer was designed to incorporate the flavour of its neighbourhood. The decorative concrete cornice of the podium section incorporates Chinese flair that contrasts with the building's modern tower section.

A feature wall on the tower will display a public art installation by Vancouver artist Ron Terada.

Retail on the ground floor will provide convenient shopping and eating spots for residents, while integrating the development into the surrounding neighbourhood.

Amenity spaces at 188 Keefer total nearly 4,000 square feet and provide a range of entertainment and activities for residents and their guests.

When there's no time for a run or bike on the sea wall, a quick workout at the residents-only fully equipped fitness facility will do the trick.

When residents are looking to meet neighbours and brush up their grilling skills, the 2,500-square-foot terrace, with its children's play area and urban garden plots, is the place to go.

And when weather prevents outdoor lounging, residents can take the get-together indoors to the lounge, which features a dining area, kitchen, living room and flat-screen TV.

"We wanted to design a home that accommodates residents' diverse lifestyles," Paukkunen says.

NI HAO

WELCOME TO 188 KEEFER

188 Keefer is the latest in a series of innovative urban developments by Westbank, to provide high quality opportunities for **ACHIEVABLE HOME OWNERSHIP** in the city of Vancouver. An example of creative envisioning, progressive financing, excellent timing and a key location – 188 Keefer is a bold addition to Vancouver's vibrant Chinatown community.



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TOWERING ABOVE THE REST

Altus isn't just an impressive name. It's a fitting description of the newest addition to Burnaby's growing skyline.

The new condo development, by Appia Developments is part of the master-planned community of SOLO District, currently under construction in North Burnaby near Brentwood Mall and Brentwood SkyTrain Station.

"Homes at Altus were designed particularly for families and young couples," says Lisa Murrell, sales and marketing manager at Appia Developments. "We really wanted to create a community hub here at SOLO District."

Homes in the 550-foot-high tower start at \$293,900 and range from 519-square-foot one-bedrooms to 1,709-square-foot three-bedroom penthouses.

"This location at this price point has been a magical combination for buyers," says Murrell. "Lots of young families are particularly drawn to the lower-level three-bedroom homes."

The higher-density lifestyle of the Brentwood area is part of the appeal, as is the master-planned community, which

REDEFINING LUXURY

When it comes to buying a home, there's a new definition to "having it all," according to Murrell.

"You don't need to be rich to get a home that's beautiful, functional and in a location with exceptional convenience," she says. Homes at the SOLO District's Altus tower start at \$293,900.

"These are the reasonable prices we just aren't seeing in Vancouver anymore,"

says Murrell. "SOLO District is bringing those opportunities to Burnaby."

Nowadays, "having it all" also means having a home that's environmentally responsible. The development is providing each home with a built-in geothermal heat exchange system, which provides energy-efficient heating and cooling.

The system reduces gas and electricity usage, translating to big savings.



includes Stratus, the first tower released at SOLO District, says Murrell.

Smart, attractive design is reflected indoors, too. Each home comes in one of two colour schemes by Cristina Oberti: Grigio or Noce.

High-quality finishings include Italian Armony Cucine cabinetry, Kohler fixtures, polished quartz countertops, engineered laminate wood flooring and custom roller blinds.

The large windows in every unit high-

light amazing views of Metro Vancouver, Mount Baker and the North Shore mountains. Nine-foot ceilings and seven-foot doors let in lots of natural light.

"In our design, we were going for beauty, but also for practicality, particularly for families," says Murrell. "Having kids myself, I know how important it is to have everything you need at home at your fingertips, made with durable materials that are easy to clean."

Homes at Altus were also designed

with the environment in mind. All the towers at SOLO District were designed to LEED Gold equivalency, including a geo-exchange heating and cooling system that reduces the need for energy usage in the building, and also saves residents money on energy bills.

"Homes at SOLO District were built to minimize our carbon footprint," says Murrell. "It's a decision we can all be proud of, today and down the road."

Visit solodistrict.com for details.

SOLO LIVING

If there's a neighbourhood in Metro Vancouver that's destined to be the next Commercial Drive, it's North Burnaby, according to Murrell.

"This location has so much potential," she says. "For one, we're really close to Burnaby Heights, which is an established, vibrant community. For another, we're right on the SkyTrain line, so this area is quickly becoming a community and commercial hub in Burnaby."

In addition to having access to retailers that will reside in the 100,000 square feet of retail space at SOLO District, Brentwood Town Centre — with 150 shops including Sears, London Drugs and Starbucks — is just a five-minute walk away.

From the Brentwood Town Centre bus loop and SkyTrain station, it's just a 20-minute ride to downtown Vancouver or downtown Surrey, and about 10 minutes to Production Way Station for those who



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commute to Simon Fraser University.

"SOLO District itself was also designed specifically to cultivate a sense of community," Murrell says.

Once completed, the master-planned community will be made up of 1,400 condo homes in four towers, with common green space, a Whole Foods grocery store, cafés, retail and an office tower.

"SOLO District will be a little neighbourhood in its own right," says Murrell. "Residents will be able to do lots of errands really close to home, then meet up with a friend for coffee at one of the

neighbourhood cafés."

Within the development, Altus residents will get a chance to meet their neighbours while taking advantage of the community's exclusive amenities.

Club 55 is a spectacular, 5,000-square-foot private amenity space featuring a rooftop lounge and barbecue area at the top of Altus. "The view is something to be proud of," says Murrell.

Residents will also get a chance to warm up that ping-pong swing or host a billiards challenge, barbecue or game night at the media centre. Level 15 of Al-

tus will provide a smaller, more secluded patio perfect for your next barbecue party.

When residents want to stay fit, they can pop into the deluxe fitness centre residents will share with tenants in the building's office space, which is slated to occupy the bottom 14 floors of Altus. The third-floor gym will include a unique outdoor multi-court for team tournaments, from badminton to floor hockey.

Buyers will also receive a complementary one-year membership to the Modo Car Share program, with three dedicated vehicles available to borrow.

LIVE THE HIGH LIFE

Altus' Club 55 - Burnaby's hottest rooftop patio, soaring 55 storeys high on top of Burnaby's tallest tower. With over 5000 sq. ft of urban play space, there is room for everyone you know. Featuring a full kitchen, large dining room, outdoor lounge with BBQ and fireplace. Entertain your friends or just enjoy the views. There is no other place like this.



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TAKE IN THE VIEW AT PARC RIVIERA

You've heard about the view but now you can experience it, along with all of the other sights and sounds that come with it.

Parc Riviera is now offering hard hat tours of the townhomes that will be move-in ready this fall.

"People have heard about the community, but this is a chance to see, touch and feel what the homes are really like and to see for themselves how the community is coming together," says Bauman.

"We're ahead of schedule so we're able to share this beautiful view with people and it's a really exciting time for us."

The condos and townhomes are touted as having some of the most breathtaking views in the city —and also offer a range of amenities.

The homes' nine-foot ceilings are designed to allow light in and provide residents with an unobstructed view of the Fraser River and North Shore Mountains.

Not only is the view unbeatable, the master-planned Parc Riviera community is currently under construction on the banks of the Fraser River in North Richmond on five acres of green space where families can exercise, socialize and play.

"It's a place where residents can spend time outside with their kids. We designed it specifically to maximize green space and community areas," Bauman says.

There are two major parks in the community, as well as a large number of trails, picnic areas, performance stages, tennis courts and sunset seating on 20 acres of scenic waterfront land — an added bonus to the panoramic views.

The green space is woven among the condos and townhomes so that every home has green space and lush landscaping at its doorstep.

While the view and location is serene, families can still find accessible shopping nearby at the Bridgeport Corridor, with the Sky Train Station just a 10-minute walk away.

Both developers — Dava Developments and Oris Consulting — consider sustainable living a priority in their projects and this development is a testament to that focus.



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WATERFRONT LIVING

Beautiful living at great value is possible with Parc Riviera's selection of condos and townhomes.

The North Richmond townhomes will be ready this fall, says Dave Bauman, Parc Riviera's sales and marketing director.

"We couldn't think of a better time to open our new townhomes to residents. It's very much a family-oriented development and it's important to us that families living here are able to integrate into this beautiful community."

And families will have access to a variety of amenities, including the nearby Tait Elementary School and Langara College. For parents with younger children, there's a daycare within the development, and a variety of green spaces, picnic areas and parks.

"Parc Riviera is great for families looking for great value, but who also want to offer their kids the best neighbourhood possible," Bauman says, adding that Parc Riviera was designed to create a close-knit community feel. "It's a place where residents can spend time outside with their kids. We designed the community specifically to maximize the beautiful green space."

The community is built on 20 acres of waterfront land with green space woven between the condos and townhomes. An added bonus is the beautiful North Shore Mountain View and 4,000-foot-dyke trail that lines the Fraser River.

"For families, there are a lot of places to exercise, socialize and play and they won't have to travel far to get there. It's rare to have this much green space and beauty



right at your doorstep."

The master-planned community is currently under construction on the banks of the Fraser River in North Richmond with prices starting at \$239,900 for condos and \$429,900 for townhomes. The condos range from 519 square feet to 1,300 square feet while the townhomes measure approximately 1,100 square feet.

"The interiors were designed with durable, high-quality features that are built to last. And with nine-foot-ceilings, the homes are spacious and versatile," Bauman says, adding that the oversized balconies are perfect for family barbecues and views. "This community truly has it all."

IT TAKES A DREAM TEAM TO BUILD A COMMUNITY

It takes an extraordinary team to build a community of dreams.

The Parc Riviera team combines a passion for Richmond with a reputation for building outstanding communities.

Award-winning Dava Developments is already well-established throughout Richmond with its business philosophy founded on superior and sustainable design with exceptional craftsmanship.

Oris Consulting has been revitalizing urban neighbourhoods for more than 30 years, with environmental sustainability as one of its core values. Oris continues to revolutionize and innovate with each step it takes.

The two companies form a natural partnership that is not only raising the bar but exceeding it with each and every project.

Visit the Parc Riviera presentation centre at 10111 River Drive, open noon to 5 p.m. every day except Friday. For more information about the development, visit parcriviera.com or call 604-231-5900.



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HAMPSTEAD AT SILVER RIDGE

With 150 acres of beautiful forested green space, where catching a glimpse of deer is not uncommon, it's no wonder Silver Ridge is an award-winning community.

That's one of the reasons why Portrait Homes Hampstead community, located in Maple Ridge, is continuing to sell fast; with five homes sold in 10 days recently, there's no end in sight.

Hampstead is made up of 73 homes in the Silver Ridge Community, with five unique floor plans ranging in size from 2,030 to 3,526 square feet, according to sales manager Tammy Gaskell. The larger homes boast almost 6,000 square feet per lot.

"The green space and the beautiful scenery definitely attract people into the area," Gaskell says. "The nice thing about Hampstead is when we're showing the community to people we often see deer roaming around, which people absolutely love. The natural beauty is stunning and

much of it is protected."

Since opening in July 2004, Silver Ridge has garnered more than 110 awards, while Portrait Homes has received countless customer service and home awards. Hampstead recently won the award for Best Single Family Builder.

"People are drawn to the quality of the homes and the community. It's great for families because it's not on a busy street and kids can ride their bikes and play in the nearby parks and feel safe."

Gaskell says many buyers are from nearby areas including Burnaby, Vancouver, Port Moody, Tri Cities, the lower Mainland and, of course, Maple Ridge.

"There are so many amenities nearby and beautiful areas such as the UBC Research Forest, Golden Ears Park and Alouette Lake."

Hampstead at Silver Ridge homes start at \$445,000 and up for duplex style and \$499,000 and up for single-family



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detached, a price point Gaskell says is a huge draw for potential buyers.

"The extensive customization options for the homes are also a big incentive for our buyers" Gaskell adds.

The sales centre is open seven days a week from noon to 5 p.m. at 13555-230A St. Maple Ridge.

For more information, call 604-466-9278 or visit portraithomes.ca.

A WINNING FORMULA FOR SUCCESS

Proving the customer experience is paramount, the Grimm brothers and Portrait Homes continue to receive accolades while creating an exceptional level of service.

Rob and Harry Grimm, principals of Portrait Homes Ltd. in Richmond, recently won the Home Building Persons of the Year award from the BC Homes and the Canadian Home Builders' Association of BC.

Portrait Homes chief operating officer Dave Wallace says the humbling award is a testament to the company's customer satisfaction culture.

"Rob and Harry have very strong people-centric values and it's embedded in the entire company culture," Wallace says. "And that translates into measurable customer experiences."

This shows in the numerous awards they've received, including the Avid Ratings Award for Best Customer Service in BC this year and Best Customer Service in Canada in 2012.

PANORAMA WOODS OFFERS BEST OF BOTH WORLDS

Location, location, location.

Portrait Homes has hit a home run with its Panorama Woods development in Surrey — a central location, with ample green space, large trees and at a price you can't beat.

Located just minutes from Highway 99, Panorama Woods is offering 91 townhomes ranging between 1,380 to 1,700 square feet, according to sales manager Angela Stewart.

"These homes are central to anywhere people need to go, and it's convenient to get to the highway, the Sky Train and a variety of routes to Vancouver," Stewart says. "There are several schools in the area as well as shopping, parks and leisure activities such as golfing and trail running."

"The homes are very livable and spacious with a variety of three-bedroom floor plans available. But it's our standard extras that have people talking," Stewart says.

Nine-foot ceilings throughout the main floor, vaulted master bedroom ceilings and fireplaces all come standard.

The kitchens come with designer-select-ed granite countertops, ceramic tile back-



CONTRIBUTED

splash and stainless steel appliances — all features that create a modern and contemporary appearance with high usability.

All homes include a washer and dryer, window dressings and even a powder room. "They are move-in ready and that's really important to buyers," says Stewart.

The on-site clubhouse is another plus when it comes to the Panorama Woods collection. It features a lounge area with

kitchen, exercise room and games room, among other amenities.

The Panorama Woods townhomes start at \$319,000 and are now selling the third and fourth phases of six.

The sales centre is open daily between noon and 5 p.m. and is located at 6123 138 St. in Surrey.

For more information call 778-593-9954 or visit portraithomes.ca.

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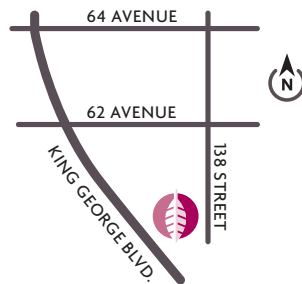
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The Award-Winning Tradition Returns...

Panorama Woods offers a collection of modern 3 bedroom townhomes in one of Surrey's most convenient locations. Portrait Homes, recognized as the Best Single Family Home Builder in British Columbia for 6 of the last 7 years, invites you to experience distinctive townhome living created with quality craftsmanship and exceptional finishings.

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3 Bedroom Townhomes starting from \$314,900

**Portrait Homes**

BUILDING AWARD-WINNING COMMUNITIES
FOR TODAY... AND FOR YEARS TO COME.

JADE IS A GEM IN RICHMOND

Tien Sher's latest venture Jade plans to put homebuyers in the centre of Richmond just walking distance from a cosmopolitan lifestyle yet removed from the noise and rush of such a busy location.

The beautiful and quiet McLennan North neighbourhood where Jade will be built features several acres of trails, kids' playgrounds, picnic areas and more, says Tien Sher president Charan Sethi,

"This project has a twist because we've created three-level buildings with a small one-bedroom garden apartment at ground level, which is rare in Richmond," Sethi says. "This is a great opportunity for a family to buy the whole unit and share the one-bedroom apartment with kids or parents. Or it's a perfect chance for seniors or young folks to buy into the neighbourhood."

The location is ideal for families with two of Richmond's newest and best schools just a short walk away, while Kwantlen College's Richmond Campus is minutes away.

Richmond's vibrant shopping and restaurant scene is within walking distance, with plenty of choices.

The Canada line is just a 10-minute walk away and will connect people to major centres throughout Metro Vancouver, the Vancouver International Airport as well as Richmond Centre, Lansdowne Shopping Centre, Aberdeen and other entertainment and major shopping destinations.



CONTRIBUTED

"We're really excited about this project and we're happy to offer a unique way to live in Richmond. We like to find those niche markets and provide something that's missing and I think that's what we've done here," Sethi says, adding the homes will be pre-sold starting this summer with one-bedroom garden suites starting at \$269,900.

Another main selling feature is the ability of homebuyers to customize their new home, which is unheard of in the town-home market, according to Sethi.

For updates on Jade, homebuyers are encouraged to visit tiensher.com.

WHERE URBAN MEETS RURAL

With its enviable proximity to Metro Vancouver, it's easy to see why so many people are choosing to call the award-winning city of Richmond home.

"Great care goes into finding the perfect location and designing homes that meet the needs and dreams of homebuyers," says Sethi.

And Richmond is a highly desirable location. The city is a culturally diverse and geographically unique community

centrally located on Canada's beautiful West Coast in Metro Vancouver.

Richmond has been experiencing unprecedented growth, transforming from a smaller community to a world-class city with a perfect balance of urban meets rural — and everything in between.

The continuing development of the city's downtown core, residential communities and waterfront continues to lure more and more homebuyers to the city.



CONTRIBUTED

MICRO-CONDOS CREATE A BUZZ

Canada's smallest condos have arrived in Metro Vancouver, introducing a new style of living.

Tien Sher's Balance is a four-storey development in the city of Surrey. Balance's 56 micro-suites range from 301 to 649 square feet, providing housing affordability for homebuyers in what is soon to be Metro Vancouver's largest urban city.

The new condo units are over 60 per cent sold and are creating quite a buzz, according to Sethi.

"This is the perfect place for young or first-time buyers and a rare chance to jump into the housing market without having to save up a lot of money for a down payment and mortgage," Sethi says, adding the suites are designed for people who make around \$15 an hour and up.

The suites start at just \$119,900 and

up, and Sethi says with a small down payment owners will pay as little as \$217 per month for the first year through a limited-time mortgage subsidy program offered by Tien Sher.

"These micro-suites offer housing affordability without compromise," Sethi says. "Real estate prices in the Lower Mainland are among the richest in North America. In cities like New York, Tokyo and Paris they found a solution — build smaller but build closer to amenities. We wanted to build suites that renters could afford to purchase — today."

Tien Sher also offers another unique project called Quattro3 adjacent to the Balance micro-suites, which feature affordable junior one-, one- or two-bedroom suites, or a two-level live/work loft, all starting at just \$159,000 and up.

Tien Sher is also offering a mortgage subsidy promotion for the Quattro3 project where they will pay half of the homebuyer's mortgage for the first year, with payments starting at \$299 per month.

"Basically we like to look for niche markets that are not being served and then fulfill those needs," Sethi says of the two distinctive projects. "When the consumer wins we win as well."

Sethi says both projects are just minutes from transit and each offers a car-share program.

"These projects provide an opportunity for people to get into the market and own something for so little while living happily. These condos have everything a person would need to live at an affordable price with a great location."

For more, visit tiensher.com.



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MAKE THE MOVE TO YALETOWN

Move-in time is here. Pacific Point condos is welcoming its first residents to their new homes this month, as the development has officially opened its doors.

The project, designed and executed by Bosa Development, has a range of units still available. It's a unique opportunity for buyers to own a condo in Yaletown at prices lower than condos in the area usually sell for, says Lisa Murrell, sales and marketing manager at Bosa Development.

"Bosa adopted a different approach to developing Pacific Point," says Murrell. "In its former life, this was a building of rental apartments. It had good bones, so Nat Bosa bought it and completely renovated it, creating condos that are new from the flooring to the sink fixtures."

The 28-storey tower, on Homer Street just north of Pacific Boulevard, has 214 units including studios, one-bedroom-and-dens, junior-two-bedroom-and-dens, two-bedroom-and-dens and penthouse suites. Sizes range from 448 to 1,678 square feet. Prices start at \$385,000 and buyers pay no HST or GST.

"We made this 20-year-old building



CONTRIBUTED

new again — that's what makes these condos so affordable," says Murrell. "We're also offering buyers a 2-5-10 warranty."

These prices are about 10 per cent less than equivalent condos in Yaletown. "So for many of our buyers, this is a cost-effective way of moving into a bigger space," says Murrell.

Inside, each unit is new and profes-

sionally designed, with laminate wood flooring, porcelain tile and durable carpet. "The view from the floor-to-ceiling windows in the dens is spectacular," she says.

The kitchen includes quality Armony Cucine cabinetry, a quartz slab backsplash, polished quartz countertops and sleek undermounted sinks.

Chefs will appreciate the under-cabinet

task lighting, soft-close cabinet doors and drawers, and Energy Star stainless steel appliance package.

Bathrooms are equipped with low-flow Kohler showerheads and toilets, deep soaker tubs and glass-enclosed showers in selected en-suite bathrooms. Homes also come with a stacking washer and dryer.

Visit pacificpointcondos.com.

SUMMER FUN IN THE CITY FOR PACIFIC POINT RESIDENTS

Pacific Point is located in a unique spot, according to Murrell.

"Downtown Vancouver is a bustling place. There are lots of things to do, eat and see, so some areas tend to get crowded. But Pacific Point is located in a quiet little enclave just off the beaten path. It's secluded, yet central."

Residents can paint their own work of art while sipping a glass of wine at Raw Canvas, or take in an outdoor movie in neighbouring David Lam Park.

The neighbourhood of Yaletown is named after Yale, B.C., which Yaletown rail workers migrated to in the 1880s. One-hundred years later, in the '80s and '90s, Yaletown underwent a major revitalization project. Its heritage buildings were protected and converted into modern homes and businesses.

Now the area is known for its eateries, shops and entertainment.

The sense of community at Pacific Point is palpable, says Murrell. "There's

always something going on, whether it's an exhibition at the Contemporary Art Gallery, a night out at the Taste of Yaletown, or a cultural festival at the Roundhouse Community Centre."

David Lam Park and George Wainborn Park are waterfront green spaces just a short walk from Pacific Point, where residents can enjoy the summer breeze.

"One of the special things about Pacific Point is its access to that quintessentially Vancouver lifestyle — the city plus ocean

plus parks, all rolled into one," Murrell says.

The sea wall pathway provides a chance for residents to get in shape, socialize or just enjoy a scenic trip to work. "It's great if you're looking for a way to get around the city without a car," Murrell says.

The Canada Line SkyTrain is also just two blocks away.

Indoors, residents can enjoy an exclusive lap pool, hot tub and sauna, a fitness studio and yoga area, and a residents' lounge with a pool table.



SOLID HOMES FROM A SOLID DEVELOPER

There's good reason why the name Bosa Development is trusted in the real estate industry. For four decades, the company has worked to develop a track record of high-quality homes.

"I've had clients call me specifically because they've heard of Bosa's good reputation or because they've experienced a Bosa home first-hand in the past," says Murrell. "They trust us because of the level of quality and customer care we of-

fer. I have a few clients who have insisted on only buying from us."

President Nat Bosa has overseen the design and construction of tens of thousands of homes across North America, including Citygate near False Creek and Portico off South Granville.

"We want to make sure each buyer gets a home that suits the life they want. Our relationship with customers continues far beyond the sale," she says.



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How to beautify your own backyard

Working outdoors.

Having a stunning, well-maintained lawn shouldn't cause you to break the bank

Warm weather means spending more time outdoors, often in the company of friends and family.

Get your backyard ready for outdoor entertaining with a few helpful, budget-friendly tips from an all-new season of *I Hate My Yard*.

Cut it out

Cut away dead hanging limbs from your trees to prevent them from causing any damage during summer storms.

Trim it off

Trim any bushes that may be too close to the house as they can trap moisture and invite termites if left untrimmed.

Get healthy

Fertilize your lawn using a seed-fertilizer combination. Your lawn should be fertilized



We spend a lot of time outdoors in the summer, so make your backyard a beautiful place to be. ISTOCK IMAGES

one to four times a year to maintain a healthy, attractive and more resilient yard.

Weed out the bad

Weeds can be an eyesore and

can spoil the esthetic appeal of your backyard. While pulling weeds by hand can be labour intensive, it's a surefire way to eliminate them from your yard. Watering weeds

before pulling them softens the ground around them and makes them easier to pull. Another option is to wait until after it rains to pull weeds, which will help to save on

water usage over the summer.

Stay hydrated

Installing a sprinkler system can save you time and effort, while ensuring that your

lawn receives an appropriate amount of water. Installing the system on your own can save you thousands of dollars in labour, keeping your lawn green and lush on a tight budget.

A sprinkler system can also prevent you from using an excess amount of water on your lawn during summer months when spikes in water usage are more common.

Touch it up

Repair and stain your outdoor wooden structures, including any decks, fences, siding and furniture. This not only beautifies your landscape but also helps extend the life of your structure.

Light it up

Installing exterior lighting is an easy way to make warm evenings last even longer, while enhancing the esthetic appeal of your yard. Solar lighting is a popular option that can save on electricity usage — and electricity bills.

I HATE MY YARD AIRS THURSDAYS AT 10 P.M. ET/PT BEGINNING JULY 4 ON DIY NETWORK CANADA.



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Thank you to all other contestants for showing us how you love to eat your Oreo!



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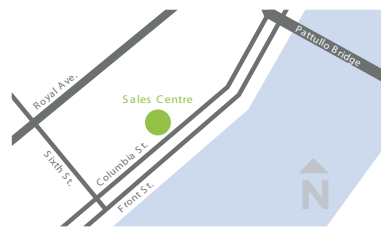


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Soccer

Whitecaps waive defender Clement

The Vancouver Whitecaps have waived defender Adam Clement.

Clement, 22, joined the Whitecaps on March 14 after being selected 31st overall in the 2013 MLS supplemental draft.

The native of Erie, Pa., played in 10 reserve matches and made nine appearances with the club's United Soccer League Premier Development League under-23 side. **THE CANADIAN PRESS**

Tennis

Federer bounced out of Wimbledon

Seven-time champion Roger Federer was stunned by 116th-ranked Sergiy Stakhovsky in the second round of Wimbledon on Wednesday, his earliest loss in a Grand Slam tournament in 10 years.

Stakhovsky served and volleyed his way to a 6-7 (5), 7-6 (5), 7-5, 7-6 (5) victory that stands out as one of the biggest upsets in Grand Slam history.

THE ASSOCIATED PRESS

MLB

Pirates sink M's in the ninth inning

Jordy Mercer hit a go-ahead single with two outs in the ninth inning and the Pittsburgh Pirates beat the Seattle Mariners 4-2 on Wednesday.

The Pirates improved to 48-30 — they are 18 games over .500 for the first time since 1992, their last winning season.

Neil Walker hit a two-run homer off Felix Hernandez to put Pittsburgh ahead in the fourth. Seattle tied it in the sixth on Raul Ibanez's team-leading 18th home run.

THE ASSOCIATED PRESS



Lions centre Angus Reid will not suit up for Friday's season opener against the Stampeders due to a lower-back injury. CHRIS O'MEARA/THE CANADIAN PRESS FILE

Veteran centre hikes torch to apprentice

CFL. Injury keeping Reid from suiting up against Stampeders

Angus Reid has always been willing to bend over backwards — and forwards — for the B.C. Lions.

Literally.

But years of bending, sometimes awkwardly, will prevent the veteran centre from suiting up Friday in his team's CFL season opener in Calgary against the Stampeders. Reid is suffering from a jammed sacroiliac, or SI, joint and a torn ligament in his lower back.

His return date is uncertain. "It's from doing what I've done a long time in my life —

being in that squat position and taking a pounding," said Reid, 36, who has spent his entire 13-year CFL career with the Lions.

"It's a shocking thing that it hasn't happened to me earlier in my career."

Reid has played in all of the Lions' regular-season and playoff games over the past three years. He has only missed two games — in 2009 — since his rookie season in 2001, when he played just four games with Montreal and B.C.

The Richmond native, who has endured numerous injuries while often playing in pain, practised Wednesday, but agreed with the coaching staff's decision to give his aching back a chance to heal.

"It's a long season," said Reid, who missed most of train-

In and out

Matt Norman will replace Angus Reid at centre on Friday against Calgary. Other noteworthy items:

- Hugh O'Neill will kick in place of Paul McCallum.
- Middle linebacker Solomon Elimimian's status is questionable due to an ankle injury. If he can't go, Anton McKenzie will step in.

As a result, second-year pro Matt Norman, who was to be groomed slowly as Reid's eventual replacement, will start much sooner than expected.

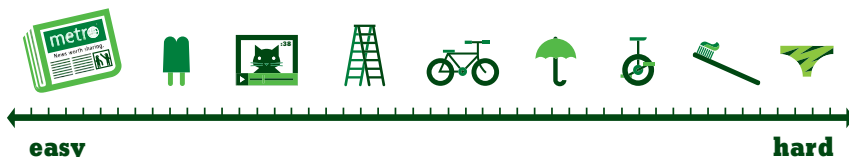
"It speeds up the process," said Reid. "I came into the season fully wanting to make the transition happen, and here we are doing it. I'm not sitting here saying, 'I'm not going to play football anymore.' I'll be back at some point this season. I don't know when."

Norman played guard in a 2012 rookie season that was split between the CFL and his teaching studies at the University of Western Ontario. He only started to learn the craft of hiking the ball shortly before training camp.

THE CANADIAN PRESS

ing camp and B.C.'s two pre-season games. "I don't think anyone wants to risk putting (me) out there too early and risk doing more damage."

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Horoscopes

Aries

March 21 - April 20

You may not be able to explain why something feels right but you know better than to ignore your instincts. Creatively and romantically, you are entering a positive phase. Own it.

Taurus

April 21 - May 21

Don't worry too much about pleasing everyone today because chances are you won't succeed. Instead, decide what it is that needs to be done and just get on with it.

Gemini

May 22 - June 21

You would not be human if what you hear today does not bruise your ego, but you don't have to make a big deal of it. A week from now, it will have no meaning at all.

Cancer

June 22 - July 23

Someone you do business with will offer you some sort of deal, one that could make you a lot of money. That's great but keep your wits about you because it may not be as wonderful as they would like you to believe.

Leo

July 24 - Aug. 23

Venus, planet of emotional and material values, moves into your birth sign today and almost immediately your mood will improve. It will improve even more if you share your love of life with other people.

Virgo

Aug. 24 - Sept. 23

Unexpected events could disrupt your plans over the next 24 hours but it's nothing to worry about. While Mercury, your ruler, is moving retrograde you would be wise to take nothing at face value.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, moves into the friendship area of your chart today, encouraging you to be even more outgoing. A social event could lead to new experiences and maybe even a new relationship.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in one the best areas of your chart helps you believe all things are possible. People may say you are being overly optimistic but that's not how you see it — and how you see it creates your reality.

Sagittarius

Nov. 23 - Dec. 21

There are many good things going on in your world, many opportunities waiting to be exploited. So why are you hesitating? There will never be the perfect time to take action, there will only ever be now.

Capricorn

Dec. 22 - Jan. 20

Someone will make you a tempting offer and although you may want to take it, you can't help thinking there is a catch. Don't worry — there isn't.

Aquarius

Jan. 21 - Feb. 19

Partnerships of all kinds are under good stars today, so if there is someone you want to get close to, one-to-one, now is the time to make your move. You're not as dispassionate as some people say. Prove it.

Pisces

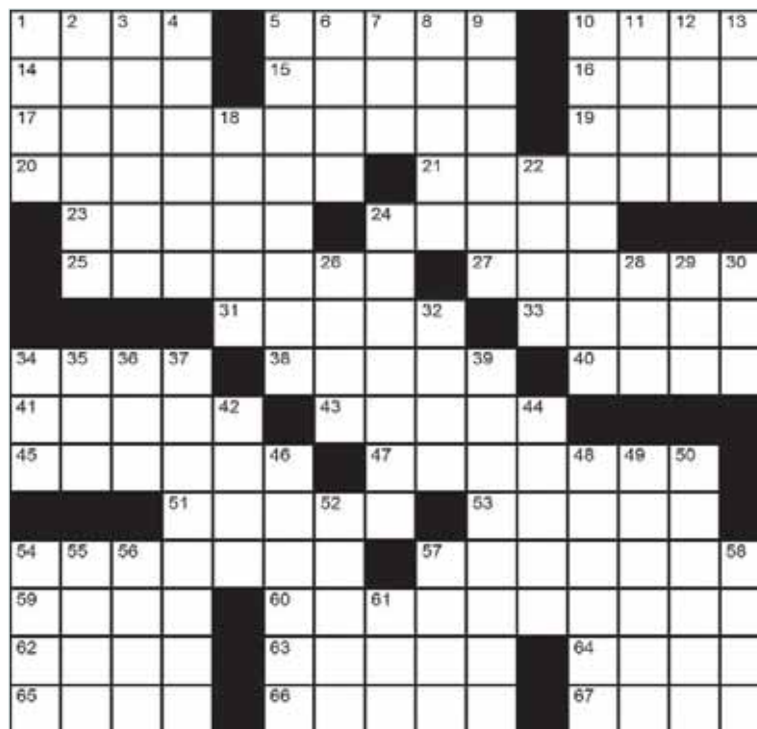
Feb. 20 - March 20

No matter how much of an expert you are, there will always be someone who knows more than you. The planets suggest you will meet such a person today. Learn something new. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Theo __, "Canadian Idol" Season 6 winner
5. "You can __ horse to water..."
10. Jiffs
14. Norwegian king, variantly
15. Go on __ (Try Jenny Craig, say)
16. Birthstone
17. Saskatchewan's CFL team's website, __.com
19. Greek salad cheese
20. Tidy up again
21. Kick up a fuss
23. Birth-related
24. Singer, Billy Ray __
25. Bee participant
27. Resounded
31. Boundary lines
33. " __ Tonk Women" by The Rolling Stones
34. Stoker of scary stylus
38. Son of The Munsters
40. Summers: French
41. Type of headache
43. MP from Newfoundland, Scott __
45. Plum __, Manitoba
47. One holding the retractable measuring device, say
51. Houston's home
53. People: German
54. Filing __
57. 1967 Sam & Dave hit: 2 wds.
59. CEO's "Quick!"



60. Michael J. Fox's "Back to the Future" (1985) role: 2 wds.
62. " __, Interrupted" (1999)
63. Carpentry tool
64. Caddie's pieces
65. Not difficult
66. Uptight
67. 'Scor' add-on

(Director Martin)

Down

1. Unit of pressure
2. Martians
3. Like a Marx Brothers comedy
4. Slender
5. "O Canada" music composer, Calixa __

- (b.1842 - d.1891)
6. __-__-Chief (News-paper job)
7. Garlic: French
8. Actress, Julie __
9. Pied- __ (Temporary housing)
10. Type of tap dancing
11. Bit of the French

- part of "O Canada": "Car ton bras sait porter l' __ / Il sait porter la croix!"
12. Some pets
13. Blinds strip
18. Domain
22. "Band-Aid ..quick!"
24. Lists at the end of movies

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

26. Approx. take-offs
28. Ottawa's prov.
29. Make money = __ out a living
30. Prefix to 'functional'
32. Earth's crust layer
34. Particular letters for a grad
35. Summer Olympics site in 2016
36. Babylonian sky god
37. In math, do this: x
39. Company's worker
42. Visible
44. No- __ - __ (Biting midge)
46. Excused from
48. Fines
49. Money-from-the-wall charge: acronym + wd.
50. Tennis great Mr. Fraser's
52. Charles Dickens novel, __ of Two Cities: 2 wds.
54. Coop
55. __ Minor
56. Pubs
57. Catch trains at them, for short
58. NASDAQ rival
61. Sprinted

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

20°/15°
Showers
40%

Friday

23°/17°
Partly sunny

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Check the 14 day trend.
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Model: RF263BEAESR
Color: Stainless Steel

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Model: RF32FMQDBSR
Color: Stainless Steel

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30.5 Cu. Ft. 4-Door French Door Fridge w/ Sparkling Water Dispenser

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30" Freestanding Gas Range, 5 Sealed Burners, 5.8 Cu. Ft.

Model: FX710BGS
Color: Stainless Steel

SALE PRICE
\$1399



SAMSUNG

30" Freestanding Electric Convection Range, 5.9 Cu. Ft.

Model: NE59SR1ABSR
Color: Stainless Steel

SALE PRICE
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Model: DBC434A1SDB
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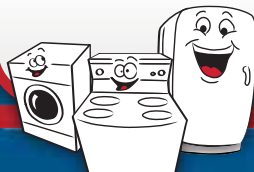
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